



Boulder Parks & Recreation **RECREATION** **Guide**



summer 2012

Meet EXPAND
pg. 7

**Summer Camps
Inside!**

Register Online Today-
Begins May 1
See pg. 50 for details

Register Today for more than 700 programs for children, youth & adults:
Arts • Aquatics • Dance • Sports • Golf • Yoga • Pottery • Pilates & More!

www.BoulderParks-Rec.org



GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers



EXPAND Duck Race® & Boulder Creek Festival®

Festival: Saturday-Monday, May 26-28

Duck Race: Monday, May 28 • 4 p.m.



Sponsor a Duck...

Support Recreation for Individuals with Disabilities.

The EXPAND Duck Race® is a benefit for the City of Boulder Parks & Recreation Dept.'s EXPAND Program. EXPAND provides recreational opportunities for children, youth and adults with disabilities.

Sponsor one or more ducks for a chance to win!

**Race Day: Monday, May 28 • 4 p.m.
at the Boulder Creek Festival®**

Sponsor a duck at any Boulder Recreation Center or www.EXPANDduckrace.org

Grand Prize: All inclusive 3 night stay in Cancun with airfare from Denver.
Courtesy of Doris Mundy Travel, Apple Vacations, and Dreams Resort and Spa.

2nd Prize: \$1,000 cash provided by Fisher Kia & Honda of Boulder.

3rd Prize: 9 Month Self Defense Package from Boulder Quest Center.



Camera
YOUR PAPER. YOUR NEWS.



Doris Mundy Travel
honeymoonallinclusive.com



More Duck Race Info and Registration: www.EXPANDduckrace.org

FREE Coffee, Run or Fun?



Get 2 free coffee drinks at OZO Coffee Co.

Get a \$10 gift card for Boulder Running Co.



Get a \$10 gift card for Gateway Park Fun Center

Please support these local businesses that support your Boulder Parks & Recreation Department.

Choose a **FREE**, local reward card when you buy or renew an annual pass **OR** register for 3 or more 2012 summer camp sessions!

Choose your favorite card with your annual pass purchase or by contacting Gina at 303-413-7218 once you've registered for 3 or more 2012 Boulder Parks and Recreation summer camps. Additional camp reward program details are at www.BPRCamp.org

Join Now and \$ave

Show your **annual pass** and save at these local shops!

Pass Partners:

20% OFF **modmarket** restaurant

15% OFF **Boulder Bodywear**

15% OFF **Outdoor Divas** (regular priced items)

15% OFF **The Cup Espresso Café**

10% OFF **Boulder Running Co.**

\$10 OFF \$50 purchase **Full Cycle** (once per quarter)

10% OFF **Rocky Mtn. Racquet Specialists** (except tennis balls)

10% OFF **Dish Gourmet** (in store purchases only)

\$10 Off **www.MassageBoulder.com** (60, 75, 95 min. Sessions)

Cafe of Life - Chiropractic Consultation for \$39 (valued at \$175). Includes exam with doctor, digital x-rays (if necessary), and a 30 minute massage.

Shop local, stay fit and SAVE at Boulder's favorite shops.

Interested in becoming a Pass Partner?

Call Christy at 303-413-7259.

NOTE: The City of Boulder Parks and Recreation Dept. does not endorse or recommend any commercial product, business or service. Discounts and offers are provided as a community benefit without warranties or endorsements express or implied. We cannot verify or guarantee the quality, reliability, credentials, or conduct of any business or service.



ENTRY FEES & PASSES

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	\$353/\$445
Adults (19-59)	\$552/\$645
Youth (3-18)	\$260/\$330

- First adult family member of the household (19-59) pays full price; additional family members pay half price!
- All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- **Discounts at participating merchants.** (pg. 4)
- 10% savings on one class per session (as available one week before class begins), register in person.

40 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$168/\$185
Adults (19-59)	\$224/\$247
Youth (3-18)	\$144/\$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$89/\$99
Adults (19-59)	\$119/\$131
Youth (3-18)	\$76/\$84

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$47/\$51
Adults (19-59)	\$63/\$69
Youth (3-18)	\$40/\$45

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch Passes expire two years after purchase date.

TWILIGHT PASS

Res/Non-Res
\$147/\$184

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, pools and Reservoir; 2 p.m. at South.
- Twilight pass valid **ONLY** during these times. Entry at other times requires use of punch pass or drop-in fee.

ONE MONTH PASS

Res/Non-Res
\$65/\$75

- Valid for 30 days from purchase date.
- Complimentary towels at rec centers.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.

MONTHLY BILLING - Annual Pass

	INITIAL	11 PAYMENTS
	Res/Non	Res/Non
Seniors (60+)	\$60/\$74	\$31/\$38
Adults (19-59)	\$90/\$104	\$47/\$54
Youth (3-18)	\$46/\$57	\$24/\$29

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

Laugh
Learn
Play
Share

Children's Garden★

Fun for your child...while you get fit!

Ages 6 mos. to 9 years

Fees

New!

\$25/month unlimited childcare pass with an adult annual pass

Daily drop-in per 90 minutes:
First Child: \$6.50 / Add'l Child: \$3.50

Punch Cards:
\$58.50 - 10 visits
\$110.50 - 20 visits
\$195 - 40 visits

• Add 30 minutes for \$2 (Ages 2+)



HOURS

East	North
M-Th: 4-8 pm	M-F: 8:45am-1:30pm
Sat: 8:30am-1:30 pm	

DAILY DROP-IN

Seniors (60+)	\$5.25
Adults (19-59)	\$7
Youth (3-18)	\$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

★ Look for the star for classes offered during childcare hours.

Arts • Crafts • Reading • Dramatic Play • Outdoor Play • Friends • Fun!



TABLE OF CONTENTS

Duck Race	3
Promo + Annual Pass Partners..	4
Entry Fees & Passes	5
Child Care	5
In this Edition/News	7
Summer Camps	8-15
Dance	16-18
EXPAND	19-21
Golf	22-23
Gymnastics	24-25
Fitness/Weight Training	26-29
CPR & First Aid	29
Pilates	30-31
Nia	32
Yoga	33-34
Chi Kung / T'ai-Chi / Feldenkrais Alexander Technique	34
Pottery	35-36
Sports	37-38
Swimming	39-43
Aquatic Fitness	43
Tennis	44-46
Valmont Bike Park	47-48
Terms & Conditions	49
Staff List/Registration	50-51
Splash Pass/Birthdays	52-53
Concerts in the Parks	52
Drop in Fitness	54-55



Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It's easy, just send your e-mail address to Lisa Nieman at: NiemanL@bouldercolorado.gov and we'll add you to the thousands of residents already enjoying the most up-to-date source of Parks and Recreation news.

Follow us on Twitter!

Get the latest news, special offers and information from Parks and Recreation.
twitter.com/boulderparksrec



Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

Colorado Lottery Funds

The city of Boulder Parks and Recreation Department gratefully acknowledges the Colorado Lottery for its contribution to our park and recreation programs.



IN THIS EDITION

On the Cover (photo courtesy of Lewis Geyer)

Brad Ray and Christina Schwab race in the 2011 Longmont Sunrise Stampede 10K (and train with Parks and Recreation's EXPAND Paralympic track program).

Each spring a group of local wheelchair athletes, including Christina Schwab and Brad Ray, assemble for training sessions at CU's Potts Field track. A group of 7-12 athletes ranging from beginner to elite, teen to senior have found a "home" in Boulder for their athletic pursuits – thanks to the EXPAND program.

"EXPAND and their Paralympic sports program is great. There's not much like it anywhere else in the country," notes Christina, who moved to Colorado in 2006 (after completing college in Illinois). The 2003 winner of the Boston Marathon, Christina now enjoys the camaraderie and support of EXPAND's coached training group. This year, both she and Brad are hoping to qualify for the US Paralympic team going to London in August.



Inclusion supports are provided for any individual with a disability wanting to participate in a "typical" recreation class, while specialized programs are those designed specifically for people with disabilities. Examples include EXPAND's Special Olympic sport training programs, warm water exercise classes for individuals with arthritis or other mobility disabilities, wheelchair sports like track, rugby, hand cycling and more. Additionally, Journey's Through EXPAND offers outings and activities for people with a mild traumatic brain injury.

"You'll find a variety of specialized programs on page 19 of this Recreation Guide – and each season under the EXPAND heading," explains Colleen. "If your child has autism and wants to participate in a gymnastics class, or your son or daughter has a disability and you'd like them to learn how to swim, or if you'd like to take a dance class but might need some accommodation, please give me a call – so we can support you in finding the best options for you or your child's specific needs," encourages Colleen.

"We're here to help you and every Boulder family stay active," she adds.

Colleen and EXPAND can be reached at 303-413-7216.

EXPAND (EXciting Programs, Adventures and New Dimensions) is more than a single program supporting wheelchair athletes. "In fact, the majority of our programs serve Boulder's children, youth and adults living with sensory, developmental or cognitive disabilities. We offer both inclusion support and specialized activities for people with disabilities," states Colleen Fitzgerald, EXPAND's program manager.

Want to support the work of EXPAND? It's easy – just sponsor some ducks in the 25th annual EXPAND Duck Race® by going to www.EXPANDDuckRace.org. The duck race begins at 4 p.m. as part of the city's Boulder Creek Festival® on May 28.

2012 Recreation News



Recreation Center Closures:

5/28 Memorial Day	NBRC open 1:30-6:30pm; EBCC & SBRC Closed
7/4 4th of July	North & South closed; East open 8am-1:30pm
5/29-6/3	North closed for annual maintenance
5/1-6/30	Gymnasium/racquetball court will be closed at South for floor refurbishment.
8/11-8/19	East closed for annual maintenance

Program Highlights/Events:

5/3	Youth Services Initiative Art Show opening at North from 5-7 p.m.
5/19	National Kids to Parks Day at East (pg. 52)
5/19	Community Cleanup Day (back cover)
5/25	Free Day at Scott Carpenter Pool (back cover)
5/28	EXPAND Duck Race®, 4 p.m. at Boulder Creek Festival®
6/2-6/3	Pottery Sale (pg. 37)
7/21	Turf demonstration Event
8/17	Tulip Giveaway on Pearl Street Mall, 10 a.m.

Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. Parks and Recreation CIB projects include: Columbia Cemetery improvements, existing park and recreation facility renovations, park shelter renovations/improvements, and Boulder Reservoir infrastructure improvements. Because the bond is paid for with existing revenues, the 2011 ballot item did not raise taxes. All CIB projects are scheduled to be completed by 2014. **More information:** www.bouldercolorado.gov/bondprojects.



Access for All

The Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Supports will be provided as needed. Please contact Colleen Fitzgerald at 303-413-7216 or Fitzgeraldc@Bouldercolorado.gov if you would like more information.



SUMMER CAMPS



Make this summer special for your child – enroll them in a fun, activity-filled Parks & Rec summer camp today!

► ART/CLAY CAMPS

Drawing, Painting, Printmaking

Ages 6-8

Students will explore drawing, watercolor, print making, collage and learn to keep a sketch book.

160685	6/4-6/8	M-F, 9am-12pm	Pottery	5	\$125/\$156
160684	7/2-7/6	M/Tu/Th/F, 9-12pm	Salberg	4	\$100/\$125
163482	8/6-8/10	M-F, 9am-12pm	Pottery	5	\$125/\$156

Ages 9-12

Learn new ways to express your creativity through watercolor, drawing, collage, print making and more.

160683	6/4-6/8	M-F, 1-4pm	Pottery	5	\$125/\$156
160682	7/2-7/6	M/Tu/Th/F, 1-4pm	Salberg	4	\$100/\$125
163483	8/6-8/10	M-F, 1-4pm	Pottery	5	\$125/\$156

Clay Camp

Ages 6-8

In this fun filled week students will work in clay, using slab, pinch and coil construction and also get to explore a variety of other art mediums and recyclable materials that will open up new possibilities to create a 3-D world of fun.

160690	6/11-6/15	M-F, 9am-12pm	Pottery	5	\$125/\$156
160691	6/25-6/29	M-F, 9am-12pm	Pottery	5	\$125/\$156
160692	7/9-7/13	M-F, 9am-12pm	Pottery	5	\$125/\$156
160693	7/23-7/27	M-F, 9am-12pm	Pottery	5	\$125/\$156
160694	7/30-8/3	M-F, 9am-12pm	Pottery	5	\$125/\$156

Clay Camp

Ages 9-12

Clay, found objects and recyclable materials all creating a 3-D world of fun and magic. Students will explore and improve their techniques in clay, work on multi-media projects and find their creativity. Come and enjoy!

160686	6/11-6/15	M-F, 1-4pm	Pottery	5	\$125/\$156
160687	6/25-6/29	M-F, 1-4pm	Pottery	5	\$125/\$156
160688	7/23-7/27	M-F, 1-4pm	Pottery	5	\$125/\$156

► GYMNASTICS CAMPS

Recreational Gymnastics Camp

Ages 5-10

A gymnastics camp for boys and girls. No experience necessary. Campers will be grouped by age and ability. If you are unsure if this camp is right for your child, contact gymnastics staff at 303-413-7265.

160783	7/9-7/13	M-F, 9am-12pm	North	5	\$150/\$188
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Teen & Advanced Gymnastics Camp

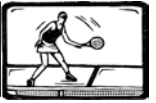
Ages 11-18 and Flyers Pre-Team & Team

A gymnastics camp for beginning and intermediate boys and girls ages 11-18, and gymnasts of all ages who are currently a member of Flyers pre-team through level 10. Campers will be grouped by age and ability. If you are unsure if this camp is right for your child, contact gymnastics staff at 303-413-7265.

160832	7/9-7/13	M-F, 1-5pm	North	5	\$200/\$250
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SUMMER CAMPS



► DANCE & COMBO CAMPS

Dancing Days

Ages 4-5

Sample a variety of dance techniques including ballet, jazz, hip hop and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. **Information: Kirsten at 303-413-7477.**

158683	6/18-6/21	M-Th, 9am-12pm	East	4	\$120/\$150
158685	7/23-7/26	M-Th, 9am-12pm	North	4	\$120/\$150

Dancing Camp

Sample a variety of dance techniques including hip hop, jazz, and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. **Information: Kirsten at 303-413-7477.**

Ages 6-8

158686	6/4-6/8	M-F, 9am-12pm	South	5	\$150/\$188
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Ages 9-12

158687	6/4-6/8	M-F, 9am-12pm	South	5	\$150/\$188
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Expressions Dance Camp

Ages 6-18

Mandatory for students who have auditioned and been accepted into the Expressions Dance Company 2012-2013. Admission is by audition only. **Information: Cynthia at 303-413-7473.**

158684	8/6-8/10	M-F, 10am-4pm	East	5	\$325
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Gymnastics/Dance/Swim Combo Camp

Ages 6-10

Dance and gymnastics go hand-in-hand. Campers will explore different dance concepts and techniques. After lunch, more fun building skills with gymnastics. The exciting day wraps up with a splash in the pool. The camp fills up fast!

158682	6/25-6/29	M-F, 9am-4pm	North	5	\$275/\$343
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My 1st Camp

Ages 4-6

Looking for a summer camp tailored to your little one's learning and developmental needs? We are offering three summer camps geared towards children 4-6 years old. Camps are planned around a physical development curriculum that works on developing children's social and motor skills. My 1st Camp participants will be exposed to sports, tumbling, some movin' & groovin' to music, arts and craft projects, and organized swim lessons.

Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

158915	6/11-6/15	M-F, 9:45am-1pm	North	5	\$145/\$180
158916	7/16-7/20	M-F, 9:45am-1pm	East	5	\$145/\$180
158919	7/30-8/3	M-F, 9:45am-1pm	East	5	\$145/\$180

Register online at www.BoulderParks-Rec.org

► DRAMA CAMPS

Ages 5-12

The Boulder Dinner Theatre Academy offers 9 weeks of drama camps in conjunction with the City of Boulder Parks & Recreation Department; from 8:30am - 4:30pm, Monday - Friday. The camps are held at Salberg Park at the corner of 19th St. and Elder Ave. Each week is different and uses the technique of "playmaking", which lets the children use their imagination to adapt a familiar story or write their own script! Each day consists of script writing or review, drama instruction, set and costume making, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and breaks. ***Register online at www.bdtAcademy.org or call 303-449-6000 x193.**

Fairy Tale Fun

Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

*	6/4-6/8	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Pretty Princess

In a make believe world of Princesses and Castles our young actors will write and perform their own plays while designing their own costumes and sets.

*	6/11-6/15	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Riddles, Rhymes, and Reading

What could be more fun than reading and sharing all those crazy Riddles and Rhymes? Campers will write and perform their own plays using original Riddles and Rhymes.

*	6/18-6/22	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Dr. Seuss

Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

*	6/25-6/29	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Fairy Tales and Fantasy

Moving from Fairy Tales into Fantasy, campers will expand on the magical theme of Fairy Tales and write and perform their own plays while designing their own costumes and sets.

*	7/9-7/13	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Magical Kingdom, Princes and Princesses

Who could dream of a better way to spend a week than in a Magical Kingdom with Princes and Princesses? Campers will write and perform their own plays while designing their own costumes and sets.

*	7/16-7/20	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Rhymes, Reading, and Folk Tales

Campers will use their imagination to write a play based on Folk tales and all the wonder of Rhymes and Reading.

*	7/23-7/27	M-F, 8:30am-4:30pm	Salberg	5	\$200
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***Register online at www.bdtAcademy.org or call 303-449-6000 x193.**



SUMMER CAMPS

Fairy Tales, Forests & Fanciful Fun

Campers will use their imagination to write a play based on Fairy Tales that grow out of the wonder of the forest and all the fanciful fun you can have in nature.

*	7/30-8/3	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Princesses, Plays and Posies

All the young Princesses will come together to write their own play and enjoy the summer in full bloom, posies and all. They will learn acting secrets, design and make their own costumes and sets.

*	8/6-8/10	M-F, 8:30am-4:30pm	Salberg	5	\$200
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*Register online at www.bdtAcademy.org or call 303-449-6000 x193.

► PLAY-WELL TEKNOLOGIES

Play-Well TEKnoLogies provides project-based programs designed to teach principles and methods of engineering to grades Kindergarten through 5th, utilizing LEGO® for over 10 years. Utilizing over 100,000 pieces of LEGO® for each camp, we strive to build students' problem-solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self-reliance, and self-confidence in children.

❖ Register online at www.Play-well.org

Pre-Engineering with LEGO®

Ages 5-7

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.

❖	6/4-6/8	M-F, 9am-12pm	South	5	\$179
❖	7/30-8/3	M-F, 9am-12pm	South	5	\$179

Engineering FUNDamentals with LEGO®

Ages 8-12

Power up your engineering skills with Play-Well TeknoLogies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletack! An experienced instructor will challenge new and returning students to engineer at the next level.

❖	6/4-6/8	M-F, 1-4pm	South	5	\$179
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Jedi Engineering

Ages 5-7

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

❖	6/25-6/29	M-F, 9am-12pm	South	5	\$179
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Jedi Master Engineering

Ages 8-12

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

❖	6/25-6/29	M-F, 1-4pm	South	5	\$179
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Flight Club

Ages 7-11

Become a future aerospace engineer! Have fun learning, building, and experimenting with paper airplanes, helicopters, parachutes, rockets, and a wide variety of aerospace designs. This class will assist you in becoming a master paper airplane mechanic! This class is both interactive and educational with an emphasis on building and having fun with things that fly.

❖	7/23-7/27	M-F, 9am-12pm	South	5	\$179
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Remote Controlled Cars and Hobbies

Ages 8-12

Choose from several different RC vehicles for indoor/outdoor use, scale racing track and mountainous obstacle courses. We have hi-speed racing sedans, stadium trucks, rock crawlers and drift cars all for you to have fun with! Together we'll create challenging terrain for the powerful rock crawlers and then speed things up with a fast-paced customizable indoor racetrack complete with jumps. We'll also have RC flight simulators teaching you how to successfully fly plus slot cars and different educational hobbies.

❖	7/23-7/27	M-F, 1-4pm	South	5	\$179
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Green Engineering

Ages 8-12

Design and build machines powered by alternative energy sources. Race solar cars, build a wind-powered electrical generation facility, enter the human powered vehicle competition, and invent a machine powered by elastic strain energy. Instruction will be provided by staff, but familiarity with LEGO® Technic is desirable.

❖	7/30-8/3	M-F, 1-4pm	South	5	\$179
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Fantasy Quest

Ages 6-9

Embark on the ultimate quest! Battle goblins, camp with elves, and barter with dwarves! Get outside and on your feet for an interactive theater game where you run, play and explore in the role of a fantasy Hero you create. A safety-minded Quest Leader will provide quality foam swords and shields and take you on a swashbuckling adventure for wisdom and treasure.

❖	8/6-8/10	M-F, 9am-12pm	South	5	\$210
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Super Quest

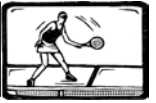
Ages 10-17

Battle Medusa, camp with elves, or barter with space aliens! Get outside for an interactive theater game where you enact your hero's destiny! A safety-minded Quest Leader will provide foam swords, help you create characters, and lead a Super Quest in a science fiction, dragons & dwarves, or classical literature world. How will you successfully complete the quest you choose?

❖	8/6-8/10	M-F, 1-4pm	South	5	\$210
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❖ Register online at www.Play-well.org

SUMMER CAMPS



KIDZ KAMP

Ages 5-11

Choose from more than 10 week-long camps dedicated to the fun, joy and excitement of summer. Select your camps, bring your swimsuit, sunscreen and lunch - and have some fun. Campers will be divided by age and ability most of the day. (For inclusion opportunities, call Sherri, 303-441-4933)

Information: Dean 303-441-4427 or rummeld@bouldercolorado.gov

Summer Mix

Enjoy the "Best of Everything Summer!" Play and develop your skills in basketball, bocce ball, tennis, indoor climbing, kickball, wiffleball, volleyball, wall ball, fishing, swimming, canoeing, and more. Special guest activity from SNAG Golf. This week's field trip will be to the Scott Carpenter Pool.

158904	5/29-6/1	Tu-F, 8:30am-5:30pm	East	4	\$150/\$187
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Ultimate Sports & Games

Campers will have a blast playing floor hockey, soccer, Ultimate Frisbee, disc-golf, Capture the Flag, climbing the rock wall, canoeing, and other camp/PE games. Special guest activity from USA Ultimate. This week's field trip will be to the Boulder Reservoir.

158905	6/4-6/8	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Color Wars

Teams earn points by competing against each other in challenges and events throughout this action packed week. Typical team challenges include tug-of-war, dodgeball, soccer, basketball and other games. This is a great week for building teamwork, meeting and making new friends. Special guest activity from The Boulder Rugby Club (Rookie Rugby). This week's field trip will be to the Boulder Reservoir.

158906	6/11-6/15	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Extreme Recess

Your child will come home happy, tired and excited for the next day with this camp packed with both "old and new school" games, sports and adventures. This camp offers a variety of daily activities including fishing, basketball, volleyball, wall ball, Capture the Flag, indoor climbing and more! Special guest activity from SNAG Golf. This week's field trip will be to the Scott Carpenter Pool.

158907	6/18-6/22	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Adventure

Develop outdoor adventure skills, improve self-esteem and explore the natural environment through activities and games. Participate in team building activities, hiking, canoeing, swimming, and sports. Special guest activity from USA Ultimate. This week's field trip will be to the Boulder Reservoir.

158908	6/25-6/29	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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July 4th Favorites

Have some classic fun with the summer camp favorites: tennis, soccer, basketball, canoeing, swimming, Capture the Flag, and indoor climbing. Come take advantage of the 4th of July falling in the middle of the week with a day-to-day option for registration.

158909	7/2	M, 8:30am-5:30pm	East	1	\$48/\$60
158935	7/3	Tu, 8:30am-5:30pm	East	1	\$48/\$60
158936	7/5	Th, 8:30am-5:30pm	East	1	\$48/\$60
158937	7/6	F, 8:30am-5:30pm	East	1	\$48/\$60

Sports Channel

Campers enjoy their favorite sports with a camp twist! They will also get a chance to play some less known, but equally fun, sports like bocce ball, horse-shoes, ladderball, and more... Special guest activity from The Boulder Rugby Club (Rookie Rugby). This week's field trip will be to the Boulder Reservoir.

158910	7/9-7/13	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Recreation World

Try a week of recreation variety including sports, fitness, arts & crafts, nature, games and more. Special guest activity from SNAG Golf. This week's field trip will be to the Scott Carpenter Pool.

158911	7/16-7/20	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Blast From the Past

Take a trip back through the decades with 4 square, basketball, floor hockey, wall ball, tennis, and more. Special guest activity from USA Ultimate. This week's field trip will be to the Boulder Reservoir.

158912	7/23-7/27	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Best of the Best

Make the final week of summer a last memory with indoor climbing on the rock wall, basketball, soccer, kickball games, tennis, and other summer hits. Special guest activity from The Boulder Rugby Club (Rookie Rugby). This week's field trip will be to the Boulder Reservoir.

158914	7/30-8/3	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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The Great Outdoors

Enjoy summer with favorites like: soccer, bocce ball, flag football, Capture the Flag, kickball, canoeing, and other outdoor activities. This week will also feature an extra field trip to Scott Carpenter Pool. Special guest activity from SNAG Golf.

158913	8/6-8/10	M-F, 8:30am-5:30pm	East	5	\$190/\$237
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Kids love canoeing on the East Boulder Pond!



SUMMER CAMPS

► SPORTS

Introduction to Middle School Volleyball Camp Grades 6-8

Learn a new sport and make new friends before the start of school! This fun filled camp is the perfect introduction to the fast paced sport of volleyball. Participants will learn the basics of passing, setting and serving while participating in fun filled games and scrimmages. Note: this camp is designed for those NEW to the sport. **Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov**

158145	7/30-8/3	M-F, 1:30-4pm	South	5	\$96/\$120
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Very Volleyball Camp Ages 7-11

Wrap up summer with a bump, set and a spike! Learn the fundamentals of passing, serving and scrimmaging. This camp is loaded with age appropriate games that add to the fun! **Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov**

158144	7/30-8/3	M-F, 8:30-11:30am	South	5	\$115/\$144
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Kids love the variety of activities in the Sports Mix Camp.

Rookie Rugby Camp ★ NEW! Ages 8-15

Rugby is a game full of fast-paced action, fitness, and fun! Boys and girls of all ages will love running, passing, catching, and scoring! This camp will teach the basics of rugby in a safe and fun environment through fun, active games before learning full flag Rookie Rugby, the non-contact form of the game. The week will culminate with round robin tournaments. For more information on Rookie Rugby, visit www.rookierugby.com.

All of our coaches are certified Rookie Rugby Educators and have undergone appropriate background screenings through USA Rugby.

For questions contact Erin Kennedy, Youth Development Mgr. for USA Rugby, at 303-709-1351 or ekennedy@usarugby.org or contact Dean Rummel with Boulder Parks and Recreation at 303-441-4427 or rummeld@bouldercolorado.gov.

159184	7/16-7/20	M-F, 9-12pm	Valmont	5	\$115/\$144
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USA Ultimate Day Camps ★ NEW!

Come learn the fundamentals of the fastest growing field sport in America from the world leader- USA ULTIMATE. With an emphasis on skill development, rules of the game, teamwork, and sportsmanship, our camps are great for new and experienced players alike. The only equipment needed is running shoes or cleats. So come be a part of the only camp in the country run by the national governing body of the sport - USA Ultimate. All camp participants receive a camp T-shirt and disc.

Ages 7-8

◆	6/11-6/15	M-F, 9am-12pm	East	5	\$115/\$144
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Ages 9-10

◆	6/11-6/15	M-F, 9am-12pm	East	5	\$115/\$144
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Ages 10-12

◆	6/18-6/22	M-F, 9am-4:30pm	East	5	\$175/\$219
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Ages 13-15

◆	6/18-6/22	M-F, 9am-4:30pm	East	5	\$175/\$219
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◆ To register for the USA Ultimate programs and clinics visit:
www.USAUltimate.org/camps

Sports Mix Camp Ages 6-11

This camp will provide the opportunity to experience a week of different sports. Sports will include basketball, football, tee ball, soccer, disc golf, floor hockey, dodgeball, tennis, swimming and canoeing. Each camper will receive a gift! Campers will be split up by age/ability, but special requests are welcomed.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

158841	6/18-22	M-F, 9am-4pm	South	5	\$175/\$219
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Football Camp ★ NEW! Ages 6-11

Get a head start on the fall with football skills, drills, fundamentals, and games. Flags will be used for games and scrimmages. Each camper will receive a gift! **Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov**

158883	7/23-7/27	M-F, 9am-12pm	South	5	\$75/\$94
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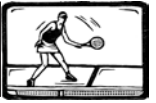
Sports Conditioning Camp ★ NEW! Ages 11-15

Want to get a jump on the fall competition? Come prepare yourself by participating in afternoons of different sports conditioning activities combining flexibility exercises, light weight training, cardio, fitness, and swimming. Each camper will receive a gift! Campers will be split up by age/ability.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

158884	7/23-27	M-F, 1pm-4pm	South	5	\$75/\$94
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SUMMER CAMPS



Spend the day making new friends and playing fun tennis games.

► TENNIS

Tennis with a Flip Camp

Ages 6-11

Looking for a camp that is different than the rest? In the morning, our campers will get to experience tennis through fun games and skill building activities. In the afternoon, a real treat...campers will get to experience our "state of the art" GYMNASTICS facility led by fantastic instructors! Also, there will be swim time in the afternoons at our kid-friendly NBRC pool. This camp really has it all! Campers will be split up by age/ability. **Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov**

158813	6/11-6/15	M-F, 9am-4pm	North	5	\$185/\$232
158814	6/18-6/22	M-F, 9am-4pm	North	5	\$185/\$232

BLAST OFF! Tennis Camp

Ages 6-11

Tennis with an EXPLOSION of science! Spend the morning on the tennis courts learning and improving your skills along with making new friends. The afternoons will be filled with zany science projects, building and setting off ROCKETS, and swimming! We end each camp with our Davis Cup Competition, which includes fun, team building games. Each camper will receive a gift! Campers will be split up by age/ability. **Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov**

158882	7/16-7/20	M-F, 9am-4pm	South	5	\$185/\$232
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Grand Slam Tennis with a Splash Camps

Ages 6-11

Tennis, swimming, and sports...oh yes! Great camps for all ages and abilities. These camps are designed to incorporate fun tennis games and skill building activities to get your child excited about playing this lifelong sport. Days will focus on tennis, but will include many other fun activities such as: swimming, soccer, dodgeball, crafts, etc. We will also be canoeing at South camp! We end each camp with our Davis Cup Competition, which includes fun, team building games. Campers will be split up by age/ability, but special requests are welcome. Each camper will receive a gift!

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

158812	6/4-6/8	M-F, 9am-4pm	North	5	\$175/\$219
158815	6/25-6/29	M-F, 9am-4pm	North	5	\$175/\$219
158816	7/2	M, 9am-4pm	North	1	\$40/\$50
158817	7/3	Tu, 9am-4pm	North	1	\$40/\$50
158818	7/5	Th, 9am-4pm	North	1	\$40/\$50
158832	7/6	F, 9am-4pm	North	1	\$40/\$50
158833	7/9-7/13	M-F, 9am-4pm	North	5	\$175/\$219
158834	7/16-7/20	M-F, 9am-4pm	North	5	\$175/\$219
158835	7/23-7/27	M-F, 9am-4pm	North	5	\$175/\$219
158836	7/30-8/3	M-F, 9am-4pm	North	5	\$175/\$219
158837	8/6-8/10	M-F, 9am-4pm	North	5	\$175/\$219

158838	5/29-6/1	Tu-F, 9am-4pm	South	4	\$140/\$175
158840	6/11-6/15	M-F, 9am-4pm	South	5	\$175/\$219
158842	6/25-6/29	M-F, 9am-4pm	South	5	\$175/\$219
158843	7/9-7/13	M-F, 9am-4pm	South	5	\$175/\$219
158884	7/30-8/3	M-F, 9am-4pm	South	5	\$175/\$219

Summer Clinics with Gonzo

Ages 5-15

A good combination of exercises, tennis games, other sports, and activities on the court to help students improve their game in a fun & safe environment.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

159033	5/29-5/31	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159034	6/5-6/7	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159035	6/12-6/14	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159036	6/19-6/21	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159037	6/26-6/28	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159038	7/10-7/12	Tu/W/Th, 9-12pm	East	3	\$99/\$124
161432	7/17-7/19	Tu/W/Th, 9-12pm	East	4	\$99/\$125
159039	7/24-7/26	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159040	7/31-8/2	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159041	8/7-8/9	Tu/W/Th, 9-12pm	East	3	\$99/\$124

► OUTDOOR ADVENTURE CAMP

Nature Adventures Camp

NEW!

Ages 6-11

This is a new camp that will explore the great outdoors. There will be adventurous activities including canoeing, fishing, nature walks, and self defense class as well as fun spins to educate about water and fire safety, CPR/First Aid, water conservation, and swim lessons. Each camper will receive a gift!

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

158839	6/4-6/8	M-F, 9am-4pm	South	5	\$175/\$219
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SUMMER CAMPS

► RESERVOIR CAMPS

Jr. Sailing Camp

Ages 7-9

The camp for young sailors to have fun while learning the basics of sailing. Jr. Sailors will learn the basics of sailing theory and boat anatomy. Sailors will navigate the Boulder Reservoir together and improve their skills while playing and exploring. Camps have been designed to teach boating safety, sailing theory, knots and hitches and much more! *After care is available for an additional fee from 2:15-4:30pm through our Sunset Camp.*

161340	6/11-13	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154
161482	6/18-20	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154
161341	6/25-27	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154
161342	7/16-18	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154
161532	7/23-25	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154
161343	7/30-8/1	M/Tu/W, 8:45am-2:15pm	Reservoir	3	\$121/\$154

Jr. Water Sports Camp

Ages 7-9

Watersports Camp will feature a full fleet of Stand Up Paddle Boards! This camp is for kids who want to enjoy all the recreation the Reservoir has to offer while making new friends. Water Sports Camp will allow kids to enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and much more! *After care is available for an additional fee from 2:15-4:30pm through our Sunset Camp.*

161344	6/4-7	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161345	6/18-21	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161349	6/25-28	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161346	7/9-12	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161582	7/16-19	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161347	7/23-26	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193
161348	8/6-9	M-Th, 8:45am-2:15pm	Reservoir	4	\$154/\$193

Sailing Camp

Ages 10-14

Learn to harness the wind and sail the mighty Boulder Rez. Instructors teach basic boating safety, sailing theory, boat operation, capsizing/recovery, navigation and more! Kids will work together to improve their skills and explore the Boulder Reservoir. These young sailors will be sailing Sunfish and Hobie Cats.

161354	6/11-13	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265
161583	6/18-20	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265
161355	6/25-27	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265
161356	7/16-18	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265
161584	7/23-25	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265
161357	7/30-8/1	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$212/\$265

For more information on Boulder Reservoir camps,
call 303-441-3461

Water Sports Camp

Ages 10-14

Watersports Camp will feature a full fleet of Stand Up Paddle Boards! This camp is for kids who want to enjoy all the recreation the Reservoir has to offer while making new friends. Water Sports Camp will allow kids to enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and much more!

161370	6/4-6/7	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161371	6/18-21	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161586	6/25-28	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161372	7/9-12	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161585	7/16-19	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161373	7/23-26	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330
161374	8/6-9	M-Th, 8:30am-4:30pm	Reservoir	4	\$264/\$330

Windsurf Camp

Ages 10-14

We have a brand new fleet of BIC Windsurf boards and rigs designed specifically for beginners and for children! Instructors will introduce theory, demonstrate and practice on the on-land trainer, and then everyone will hit the water! Campers will learn how to set up and take care of the equipment as they enjoy learning to harness the winds at the Boulder Reservoir.

161350	6/7-8	Th/F, 8:30am-4:30pm	Reservoir	2	\$132/\$165
161351	6/14-15	Th/F, 8:30am-4:30pm	Reservoir	2	\$132/\$165
161352	6/28-29	Th/F, 8:30am-4:30pm	Reservoir	2	\$132/\$165
161587	7/2-3	M/Tu, 8:30am-4:30pm	Reservoir	2	\$132/\$165
161353	7/19-20	Th/F, 8:30am-4:30pm	Reservoir	2	\$132/\$165
161382	8/2-3	Th/F, 8:30am-4:30pm	Reservoir	2	\$132/\$165



Give someone you love a summer day cruising around in boats.

SUMMER CAMPS



THE NATIONAL BASKETBALL ACADEMY

CAMPS • CLINICS • LEAGUES • TRAINING

► DENVER NUGGETS

NEW!

Denver Nuggets Basketball Camp

We would like to welcome the official Denver Nuggets Summer Camp to our summer offerings. The Nuggets are dedicated to teaching the fundamentals of the game in a very fun, exciting, and Nugget-packed environment.

We want every camper to leave with three things:

1. To improve their basketball skill level.
2. To walk away knowing what it will take for them to get better.
3. To have fun and learn to truly enjoy the game of basketball!

Along with these items, our campers leave with their hands full of Nuggets memorabilia including:

- A ticket to a 2012 Denver Nuggets game
- Nuggets Camp t-shirt
- Nuggets Camp basketball

The Nuggets Summer Basketball Camp is for boys and girls of all skill levels between ages 7-15 years old. Skill development stations include ball handling, passing, shooting, defense, and rebounding. Camp contests include hot shot, free throws, X-out, lay-ups, and knock out. Along with station work, campers will also play in 3 on 3 and 5 on 5 games.

Ages 7-10

■	8/6-10	M-F, 8:30-11:30am	South	5	\$199
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Ages 11-15

■	8/6-10	M-F, 1:30-4:30pm	South	5	\$199
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■ To register for the camp please visit:

www.TheBasketballAcademy.com > Denver Nuggets

Questions & Information:

Derek Griffin, Director of National Basketball Academy, for the Denver Nuggets: 303-405-1105 or dgriffin@TheBasketballAcademy.com
City of Boulder: Dean 303-441-4427 or rummeld@bouldercolorado.gov

Denver Nuggets Summer Shooting Clinic

Looking to improve your shooting ability? Back by popular demand – The National Basketball Academy shooting coaches have designed this two day clinic to help improve the fundamentals of a players shot. This will include basic shot mechanics, foot work, and in-game shooting situations. Each player will shoot over 1000 times during the clinic! Players will be divided based on age and ability.

Ages 7-17

■	7/2-3	M-Tu, 1-4pm	South	2	\$90
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■ To register for the clinic please visit:

www.TheBasketballAcademy.com > Denver Nuggets

► VALMONT BIKE PARK

Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

Avid4 Adventure staff are the most incredible individuals that you can have the pleasure to meet. Besides being thoroughly background-checked and referenced, CPR & 1st Aid certified, and trained and skilled in biking, Avid4 Adventure staff are caring, compassionate educators that are motivated to inspire your children. Their patience and devotion to your child will create smiles, laughter, skills, and memories that will last a lifetime.

Avid4 Adventure is proud to be the approved adventure provider for the City of Boulder and will provide top-quality instructional programming at the world-class Valmont Bike Park.

🚲 Register online at www.avid4.com/VBP

Questions & Information:

Avid4 Adventure, VBP@Avid4.com or call 720-249-2412 x 1
or City of Boulder Parks & Recreation, www.BoulderParks-Rec.org

Skills Camp

NEW!

Ages 7-17

Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of up to 6 by ability; must be able to ride 2-wheeler
- Early drop off is available.
- 1-time per year \$25 registration fee
- Bikes/Protective Gear (required) can be rented for additional fee \$50/\$25 per week

🚲	5/28-8/17	M-F, 8:45am-2:30pm	VBP	\$395 per week
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🚲 Register online at www.avid4.com/VBP

Private or Group Lessons - Youth & Teens

Ages 4-17

Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

- No more than 5 people per private class.
- Bikes/Protective Gear (required) can be rented for an additional \$20/\$10 per 3-hour class.

Individual (3 hour classes)

1 Private Lesson	\$150
3 Private Lessons	\$420
6 Private Lessons	\$780

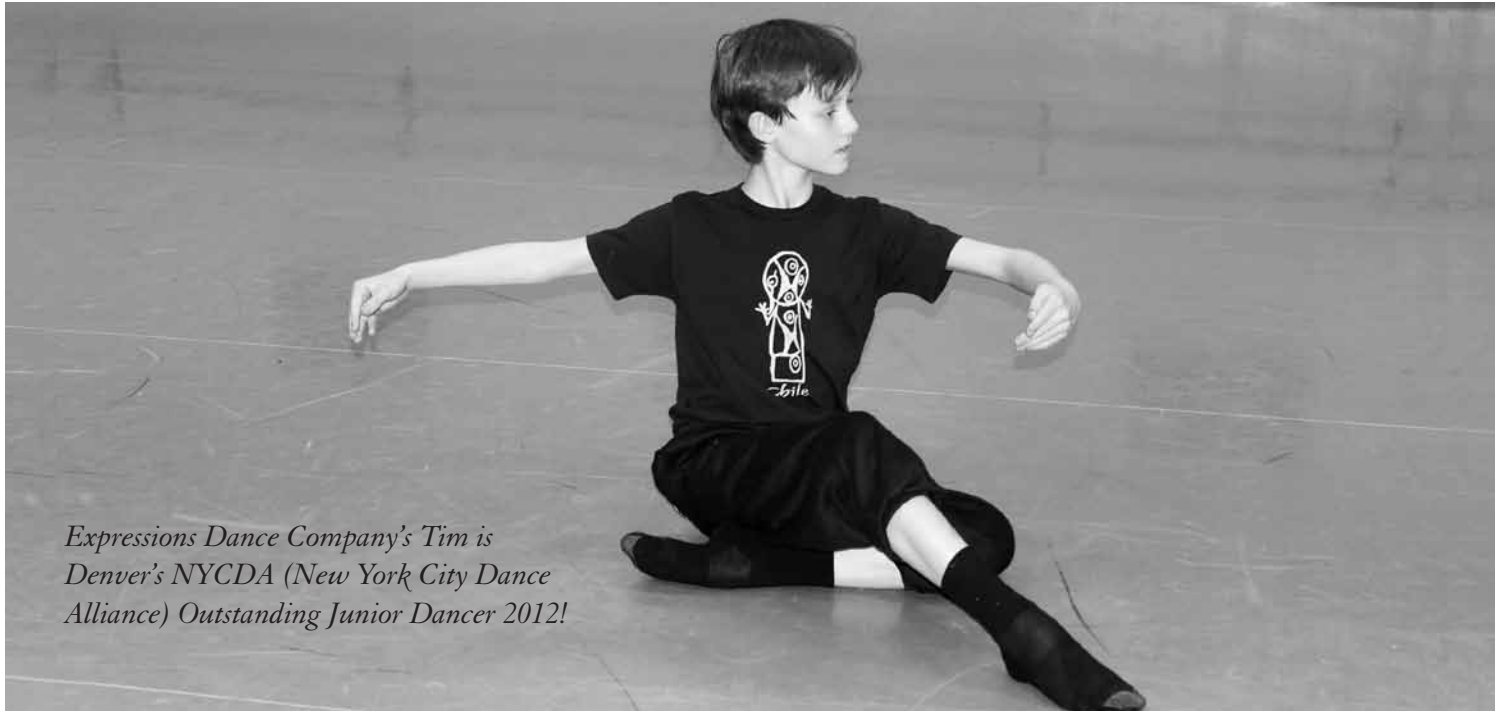
Group (3 hour classes)

2 people	\$200
3 people	\$250
4 people	\$300
5 people	\$350

🚲 Register online at www.avid4.com/VBP



DANCE - ADULT



*Expressions Dance Company's Tim is
Denver's NYCDA (New York City Dance
Alliance) Outstanding Junior Dancer 2012!*

Dance Punch Cards

Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only.

\$70 for 5 classes

Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a **10% discount** on the lesser of the two fees. You must register in person or by phone.

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

► ADULT BALLET/JAZZ

Ballet Barre

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics.

166033	6/12-7/17	Tu, 9-10am ★	North	6	\$54/\$68	Sylvia
168284	6/14-7/19	Th, 9:30-10:30am	East	4	\$32/\$40	Sylvia

Ballet Barre Plus

(Ages 18+) Add an optional centre routine for a complete ballet workout for an additional half an hour after Ballet Barre. Must be registered for course 166033, Ballet Barre. A dance will be taught for the Spring Concert.

166034	6/12-7/17	Tu, 10-10:30am★	North	6	\$27/\$34	Sylvia
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Ballet Level 1

(Ages 13+) Experience the art form of classical ballet and discover the fun and joy of movement in this physical technique utilized by gymnasts, ice skaters, football players and other athletes. Students will develop strength, movement awareness and muscle control as they learn the fundamental barre and center exercises, placement, and dance steps.

166036	6/12-7/17	Tu, 6-7:30pm	East	6	\$63/\$79	Elizabeth R.
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Ballet Level 2

(Ages 13+) Wanting to return to ballet after an absence or ready to progress to the next level? Then this class may be for you! We will solidify technique with a careful practice of barre and center exercises, elementary jumps and turns, and dance steps. At least 1 year of previous ballet study is strongly recommended.

166037	6/12-7/17	Tu, 7:30-9pm	East	6	\$63/\$79	Elizabeth R.
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Ballet Level 2/3

(Ages 13+) A lively and supportive intermediate level class for students experienced in standard barre and center exercises, poses, and small and big jumps. Emphasis on increasing complexity of steps and combinations, strengthening stability, ballon, and attention to detail. Three years of previous training recommended.

166038	6/16-7/21	Sa, 12-1:30pm	East	6	\$63/\$79	Elizabeth R.
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Pointe Extension for Adult Ballet 2/3

This course is for students taking Adult Ballet 2/3, 166038.

166082	6/16-7/21	Sa, 1:30-2pm	East	6	\$27/\$34	Elizabeth R.
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Ballet Level 4

(Ages 16+) A class for strong intermediate-advanced dancers with 4 or more years of solid training and experience. Emphasis on complexity of combinations, masterful execution, stability, fluidity and expansion of movement.

166039	6/14-7/19	Th, 7-8:30pm	East	6	\$63/\$79	Elizabeth R.
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Pointe Extension for Adult Ballet Level 4

This class is for students taking Adult Ballet 4, 166039.

166132	6/14-7/19	Th, 8:30-9pm	East	6	\$27/\$34	Elizabeth R.
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DANCE - ADULT/YOUTH



► TAP

Tap Level 1/2

(Ages 13+) Beginning to advanced beginning tap, for students with 0 to 1 year of tap training. In this class we will review FUNDamentals of tap such as flaps, shuffles, crawls, and cramp rolls. A variety of tap styles and music will be included along with the introduction of intermediate material. Preferred tap shoes are the heavier, lace-up oxford style. Tap for adults improves rhythm, balance, coordination, and overall fitness.

166982	6/11-7/16	M, 6-7pm	North	6	\$54/\$68	Mary
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Tap Level 3/4

(Ages 13+) In this technique and repertory class, you will work on intermediate to advanced material. Tap improves rhythm, balance, coordination, and overall fitness. Students should have two or more years of experience at the intermediate/advanced level.

166983	6/11-7/16	M, 7-8pm	North	6	\$54/\$68	Mary
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► HIP HOP

Hip Hop Level 1

(Ages 13+) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

167235	6/12-7/17	Tu, 7-8pm	South	6	\$54/\$68	Aundrea
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► BALLROOM

Ballroom Basics Including Swing

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. Partner not required.

166532	6/16-7/21	Sa, 3:30-4:30pm	East	6	\$54/\$68	Judy
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Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

166533	6/16-7/21	Sa, 4:45-5:45pm	East	6	\$54/\$68	Judy
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► CULTURAL DANCE

Salsa 1

(Ages 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. A partner is not required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

166732	6/12-7/17	Tu, 6:15-7:15pm	North	6	\$54/\$68	Judy
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Salsa 2

(Ages 13+) Two sessions of Salsa 1 required.

166733	6/11-7/16	M, 7-8pm	Iris	6	\$54/\$68	Judy
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Salsa Practicum

Come in and practice your ballroom with an instructor present to provide feedback and tips.

166782	6/11-7/16	M, 8-9pm	Iris	6	\$54/\$68	Judy
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Beginning Hula Dance

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The "healing" function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

166582	6/15-7/20	F, 5:30-6:30pm	Iris	6	\$54/\$68	La'ela'e
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Irish Step

(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceilidh social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Gillies, jazz shoes or ballet slippers recommended but not required.

166932	6/11-7/16	M, 6:45-7:45pm	South	6	\$54/\$68	Elizabeth B.
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► PRESCHOOL DANCE

Class Cancellation Policy: Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Little Feats Ballet

(Age 3) This dance class is designed for little dancing feet. Introducing the concept of body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

165832	6/11-7/16	M, 9:30-10:15am	North	6	\$48/\$60	Vanessa
165833	6/13-7/18	W, 9:45-10:30am	South	5	\$40/\$50	Cindy
165834	6/16-7/21	Sa, 9-9:45am	North	6	\$48/\$60	Judy

World Rhythms for Children

(Ages 3-5) Creative dance movement classes will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

165882	6/12-7/17	Tu, 4-4:45pm	North	6	\$48/\$60	Judy
165835	6/16-7/21	Sa, 10-10:45am	North	6	\$48/\$60	Judy

Pre-Tap and Ballet

(Ages 4-5) An introduction to tap and ballet. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

167032	6/12-7/17	Tu, 10:45-11:30am	North	6	\$48/\$60	Sylvia
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Pre-Ballet

(Ages 4-5) Explore creative movement concepts, which are the building blocks of later dance techniques. Dancers improve their fine and gross motor skills through play-based activities and working with props.

165836	6/11-7/16	M, 10:15-11am	North	6	\$48/\$60	Vanessa
165837	6/13-7/18	W, 10:30-11:15am	South	5	\$40/\$50	Cindy



DANCE - YOUTH

Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

165839	6/13-7/18	W, 9-9:45am	South	5	\$40/\$50	Cindy
165840	6/13-7/18	W, 3:30-4:15pm	Iris	5	\$40/\$50	Vanessa

Kinder Hip Hop

(Ages 5-6) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

167237	6/12-7/17	Tu, 4-4:45pm	South	6	\$48/\$60	Aundrea
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► YOUTH DANCE

Class Cancellation Policy: Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Ballet 1

(Ages 6-8) Learn classical ballet technique in a fun atmosphere. Children will learn vocabulary through focus on alignment, strength, flexibility, musicality and presentation. For the very beginning dancers.

165842	6/13-7/18	W, 4-4:45pm★	East	5	\$40/\$50	Elizabeth R.
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Ballet 1 (Ages 9-12)

165932	6/13-7/18	W, 5-6pm★	East	5	\$40/\$50	Elizabeth R.
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Ballet 2/3

(Ages 7-9) Learn classical ballet technique in a fun atmosphere. Children will learn vocabulary through focus on alignment, strength, flexibility, musicality and presentation. For the continuing student.

165843	6/14-7/19	Th, 4-5:30pm★	East	6	\$60/\$75	Elizabeth R.
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Ballet 2/3

(Ages 9-12)

165982	6/12-7/17	Tu, 4-5:30pm★	East	6	\$60/\$75	Elizabeth R.
165844	6/14-7/19	Th, 5:30-7pm★	East	6	\$60/\$75	Elizabeth R.

Pointe for Youth Ballet 2/3

Extension to Ballet 2/3.

166032	6/12-7/17	Tu, 5:30-6pm★	East	6	\$27/\$34	Elizabeth R.
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Jazz 1/2

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

167132	6/11-7/16	M, 4:30-5:30pm	Iris	6	\$48/\$60	Judy
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Jazz 1/2

(Ages 9-12)

167134	6/14-7/19	Th, 3:30-4:30pm	Iris	6	\$48/\$60	Vanessa
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Jazz 2/3

(Ages 7-9) One year of training preferred.

167133	6/13-7/18	W, 4:30-5:15pm	Iris	5	\$40/\$50	Vanessa
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Jazz 3/4

(Ages 10-13) One to two years of training preferred.

167135	6/13-7/18	W, 5:30-6:15pm	Iris	5	\$40/\$50	Vanessa
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Jazz 5/6

(Ages 12-16) Two to three years of training preferred.

167136	6/12-7/17	Tu, 5-6pm	North	6	\$48/\$60	Judy
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Jazz 7

(Ages 12-17) Two to three years of training preferred.

167137	6/13-7/18	W, 6:15-7:15pm	Iris	5	\$40/\$50	Vanessa
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Tap 1

(Ages 5-7) Beginning tap is for students with 0 to 1 year of tap training. In this class you will learn FUNdamentals of tap such as flaps, shuffles, crawls, and cramp rolls.

167033	6/11-7/16	M, 5-5:45pm	North	6	\$48/\$60	Mary
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Hip Hop 1/2

(Ages 7-11) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

167238	6/12-7/17	Tu, 4:45-5:30pm	South	6	\$48/\$60	Aundrea
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Intermediate/Advanced Hip Hop for Teens

(Ages 12-17) Recommended for Expressions Dance Company dancers. (5 years of dance experience required.)

167239	6/12-7/17	Tu, 5:45-6:45pm	South	6	\$48/\$60	Aundrea
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Ballroom for Teens

Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required,

166682	6/11-7/16	M, 5:45-6:45pm	Iris	6	\$48/\$60	Judy
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Irish Step

(Ages 6-12) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

166833	6/11-7/16	M, 5:45-6:45pm	South	6	\$48/\$60	Elizabeth
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Expressions Dance Classes

Admission to Expressions is by AUDITION ONLY. Auditions are May 12. For more information, please contact Cynthia Burdine at 303-413-7473 or visit us online at www.BoulderParks-Rec.org.



What is EXPAND?

EXciting Programs Adventures & New Dimensions is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.

EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please call Colleen Fitzgerald, Recreation Administrator, 303-413-7216 or fitzgeraldc@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships

Scholarships are available for individuals. For more information contact Sherri Brown at 303-441-4933.

Group

Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs should register for classes using the "1 on 1" class code. If no "1 on 1" code is available and you need assistance, call the contact person listed to get approval or guidance.

Inclusion!

A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Colleen Fitzgerald at 303-413-7216 two weeks prior to class start date for more information about inclusion.

Outdoor Adventure Camp

(Ages 6-12) (Emotional/Mental Health Diagnosis) Camp with Adventure. Be active this summer through a variety of fun and challenging outdoor adventures and recreational field trips. Improve your problem solving skills and develop greater self-awareness. **No class on July 4th or 5th.** Contact Lori Goldman, 303-413-7256. Campers must be pre-approved by Lori before registering.

161188	6/11-7/26	M/Tu/W/Th, 9am-2pm	Scott Carpenter Park	26 days	\$478/\$597
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Leisure Links

(Ages 11-17) Summer fun starts here! Enjoy the summer with cultural arts, horticulture, swimming and community outings. Leisure Links is operated according to the State of Colorado Social Services Licensing Standards. Scholarships available. Contact Cory Lasher, 303-413-7269. **No class July 4-5.**

161032	6/11-7/26	M/Tu/W/Th, 1-4:30pm	North	26	\$540/\$675	1on1
161033	6/11-7/26	M/Tu/W/Th, 1-4:30pm	North	26	\$540/\$675	group

Summer Fun

(Ages 18-30 yrs) It's time to hangout and be social with friends. We will be focusing on building recreational skills, social skills, increasing fitness; and being involved in the community. Contact Jen Heilveil, 303-413-7474.

NEW!

167948	7/9-8/6	M, 11am-3pm	East	5	\$100/\$125
167949	7/10-8/7	Tu, 11am-3pm	East	5	\$100/\$125
167950	7/11-8/8	W, 11am-3pm	East	5	\$100/\$125
167951	7/12-8/9	Th, 11am-3pm	East	5	\$100/\$125
167952	7/9-8/9	M-Th, 11am-3pm	East	20	\$500/\$625

► COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing self-esteem, improving fine and gross motor skills, improving overall health and well being, physical ability, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

CO-OP Lock-In

(Ages 18+) A night of adventure and games with friends from around the metro area! We will be spending the night in Lakewood. Contact Lori Goldman, 303-413-7256.

167989	7/20-7/21	F-Sa, 4pm-10am	East	2	\$60/\$75	(1on1)
167990	7/20-7/21	F-Sa, 4pm-10am	East	2	\$60/\$75	(group)



EXPAND

Canoeing with NSCD

(Ages 12+) Join us for an evening of canoeing in Wheatridge with NSCD. Beginners are welcome! Contact Lori Goldman, 303-413-7256.

167988	6/20	W, 4:30-8pm	East	1	\$20/\$25
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Winter Park Adventure Day

(Ages 12+) Spend the day in the mountains with NSCD! Be sure to dress for the weather, we will be outside all day. Bring a sack lunch. Contact Lori Goldman, 303-413-7256.

168032	8/7	Tu, 8am-5pm	East	1	\$50/\$62
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Adventure Campout

(Ages 18+) Enjoy being under the stars sleeping in tents! Activities include cooking, nature studies, hiking and crafts. Contact Lori Goldman, 303-413-7256. Mountain Campout & Adventure Camp.

168082	8/17-8/19	F- Sun, 3-12pm	Iris	3	\$115/\$140
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Bocce Ball

(Ages 8+) A super fun yard game. Special Olympics Competition in July. Contact Sherri Brown, 303-441-4933.

167294	6/4-8/6	M, 4-5pm	East	10	\$50/\$60
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Water Aerobics

(Ages 15+) Jump right in! The water is great! We will focus on cardio and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

167284	6/11-8/6	M, 5:30-6:30pm	East	9	\$45/\$56
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Recreation Studs

(Ages 16+) Hanging out with friends at the recreation center. We will be exploring opportunities available at the recreation center. Contact Sherri Brown, 303-441-4933.

NEW!

167282	6/4-6/25	M, 3-4pm	East	4	\$20/\$25
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167303	7/9-8/6	M, 3-4pm	East	5	\$25/\$30
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167302	6/6-6/27	W, 3-4pm	East	4	\$20/\$25
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167304	7/11-8/8	W, 3-4pm	East	5	\$25/\$30
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Kickball

(Ages 16+) Kickball at Mapleton Field #1. Contact Sherri, 303-441-4933.

167293	8/14	Tu, 5-7pm	Mapleton	1	\$5
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Dogs & Dodgeball

(Ages 16+) An evening playing dodgeball and eating hot dogs. Contact Sherri Brown, 303-441-4933.

167295	8/21	Tue, 5-7pm	South	1	\$10/\$12
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Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933.

167288	6/7-8/9	Th, 2:30-3pm	East	10	\$25/\$30
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Spinning

(Ages 16+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933.

167289	6/7-8/9	Th, 3-4pm	East	10	\$50/\$60
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Special Olympics Swim Training (No class July 5)

(Ages 8+) Stretching, Fitness, and Fun! Year-round swim team is a great workout for all abilities! Participants must be able to swim 100 yds. with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474.

167290	6/14-8/2	Th, 4:30-5:30pm	East	7	\$40/\$50
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Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at the CU UMC bowling alley. Participants will be placed on lanes according to age. Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

167287	6/29-8/24	F, 3-4pm	CU	9	\$80/\$100
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Tubing

(Ages 16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you? Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

167296	6/15	F, 10am-1pm	Reservoir	1	\$30/\$35
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167297	7/13	F, 10am-1pm	Reservoir	1	\$30/\$35
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167298	8/3	F, 10am-1pm	Reservoir	1	\$30/\$35
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Sailing

(Ages 16+) This course will introduce the sport of sailing. Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

167299	6/22	F, 2-5pm	Reservoir	1	\$30/\$35
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167300	7/20	F, 2-5pm	Reservoir	1	\$30/\$35
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► FRIDAY NIGHT DANCES

(Ages 16+) Enjoy socializing and dancing with your friends. Contact Cory Lasher, 303-413-7269.

Surf's Up

167790	6/22	F, 6-8pm	East	1	\$8/\$10
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Born to be Wild

167791	7/13	F, 6-8pm	East	1	\$8/\$10
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Hawaiian Luau

167792	8/10	F, 6-8pm	East	1	\$8/\$10
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► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1on1 or group codes - please. Contact Cory Lasher, 303-413-7269.

Dinner & Outdoor Concert

Enjoy dinner at Red Robin and a concert at Keewaydin Meadows.

167793	6/18	M, 5-8pm	East	1	\$27/\$34	1on1
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167794	6/18	M, 5-8pm	East	1	\$27/\$34	group
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Pizza & Bingo

167795	7/18	W, 4:30-6pm	East	1	\$15/\$19	1on1
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167797	7/18	W, 4:30-6pm	East	1	\$15/\$19	group
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Disc Golf & Snack

Enjoy an afternoon of playing disc golf with friends at Harlow Platts Park.

167796	8/1	W, 3:30-5pm	South	1	\$5/\$7	group only
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Learn or improve your skills with adaptive water-ski equipment at the Boulder Reservoir.

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Paralympic Sports Club

The city of Boulder EXPAND's core objective is to support the growth of community-based Paralympic sport programs that accommodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Paralympic Triathlon Training

(Ages 16+) Participants will work on injury prevention and maintenance exercises. The program is supervised by a Physical Therapist. This program is for people with physical disabilities. Contact: Jen Heilveil, 303-413-7474.

167934 6/6-8/22 W, 5-6:30pm CU 12 FREE

Waterskiing

(Ages 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adaptive water-ski equipment at the Boulder Reservoir. We will set-up a designated time slot with you prior to the program. Drop-in reservations must be called in by 5 p.m. the Friday prior to the day you wish to ski. Drop-in's are limited and on a first come, first served. Drop-in fee: \$10. Contact Cory Lasher, 303-413-7269.



167798 6/19-8/7 Tu, 7-11am Reservoir 8 \$70

Adaptive Kayaking

(Ages 13+) Experience, discover and find independence in the water with our Adaptive Kayaking program at the Boulder Rez. We will use standard equipment and adapt as needed. A light lunch will be provided. Adaptive Adventures will be collaborating with EXPAND. Note: Participants must feel comfortable in lake-depth water. Contact Jen Heilveil, 303-413-7474.

167932 7/12 & 7/19 Th, 5-8pm Reservoir 2 \$5

Quad Rugby

(Ages 18+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! If you need a rugby chair, contact Jen Heilveil, 303-413-7474.

168582 6/9-8/1 Sa, 1:30-4:30pm East 9 \$25

Journeys through EXPAND

Provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI) and other similar neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. To make a donation or for information, call Cory Lasher at 303-413-7269.



EXPAND DUCK RACE®

Monday, May 28
4 pm at the Boulder Creek Festival

Sponsor a Duck...Support Recreation for Individuals with Disabilities.

www.EXPANDduckrace.org

Benefiting the Boulder Parks & Recreation Department's
EXPAND, YSI Programs & PLAY Boulder

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THE STREETS OF BOULDER

Saturday Nite
Aug 18, 2012

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- Private & Group Instruction Area
- Book your tee time online!

The perfect site for your tournament or outing. With two food service vendors and full banquet, lounge and dining room facilities, let us help you plan your event. Brochure available at the golf course or at www.flatironsgolf.com

Flatirons is the proud host of the following events:

- 2012 Girls CJGA Junior World Qualifier, June 6 & 7.
- 2012 Boulder City Amateur Championship, September 22 & 23.

The Teaching Staff

Doug Cook - PGA Member, Director of Golf
Tim Stevens - PGA Member, Head Professional
Brian Lavender - PGA Member, Professional
Dan Knecht - PGA Apprentice
Jill McFadden - Golf Professional

► TOURNAMENTS AND OUTINGS

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

2012 base tournament fees:

Off-season (Jan. 1-May 13; Sept. 24-Dec. 31)	Peak season (May 14-Sept. 23)
\$45 per player (M-Th)	\$48 per player (M-Th)
\$48 per player (F-Su)	\$53 per player (F-Su)

For more detail, please see brochure at www.flatironsgolf.com or contact the golf shop at 303-442-7851.

► FLATIRONS GOLF COURSE FEES

Practice Range / Club & Cart Rental

Practice Range	Riding Carts (Fee Per Rider)
10 cents per ball	9 holes \$9 • 18 holes \$14
Clubs	Hand Carts
Clubs- 9 holes \$15 • 18 holes \$20	9 holes \$4 • 18 holes \$6

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price.

Season Fees (May 14-August 5)

Junior (18 years and younger)
Student (19-26 years with accredited university I.D.)
Senior (Age 60+)

Weekday Discount Player Fees (Monday-Thursday)

	Adult	Junior	Student	Senior
18 Holes	\$33	\$23	\$31	\$27
9 Holes	\$20	\$13	\$18	\$14

Weekend Standard Player Fees (Friday-Sunday)

	Adult	Junior	Student	Senior
18 Holes	\$38	\$25	\$36	\$33
9 Holes	\$22	\$15	\$21	\$19

For **current specials** and the most up to date information on Flatirons golf course, please visit our website at: **FlatironsGolf.com**

Frequent Player Program

Valid for one year from date of purchase. 15% discount when passes are purchased on same date. This discount is limited to immediate family members residing in the same household.

Monday-Friday play is \$4 for nine holes and \$6 for eighteen holes.
Weekend play is \$5 for nine holes and \$9 for eighteen holes

Adult	\$660	Senior	\$550
Student	\$595	Junior	\$295

► PRIVATE INSTRUCTION

Individual Instruction

The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private lessons are offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

Adults (17 years & older)
\$40 for 30 minutes
\$59 for 45 minutes

Take three individual lessons and receive your fourth lesson for half price!
\$140

Juniors (16 years & under)
\$15 for 15 minutes

Multi-Person Instruction

Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons, i.e. beginner is grouped with other beginners. Lessons are one hour each. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

Adults (17 years & older)		Juniors (16 years & under)	
Group of two	\$50 per person	Group of two	\$30 per person
Group of three	\$40 per person	Group of three	\$25 per person
Group of four	\$35 per person	Groups of four (up to max of 7)	\$20 per person

► LESSONS

The Lesson Programs

Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game.

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence.

Flatirons is a fully certified member of the Audubon Cooperative Sanctuary for Golf Courses, Flatirons Golf Course is committed to operating with the highest level of environmental responsibility possible while still producing exceptional golf playing conditions.

► FRIDAY MORNING JUNIOR GOLF PROGRAM

Friday Morning Summer Junior Golf Program is basic to advanced swing skills instruction provided in a group clinic setting and limited individual instruction, also provided by our PGA Member Professional staff instructors and over 20 trained volunteers. For juniors interested in more intensive golf swing instruction, Flatirons Golf Course offers Private Junior Golf Lessons at a discount for junior golf program participants. Sign up for these Junior Golf Lessons in the golf shop.

Lesson Dates: June 15, 22, 29 & July 13, 20, 27.

A complete informational brochure, including a detailed schedule and entry forms, is available at Flatirons Golf Course after April 15. Go to Flatironsgolf.com to download the brochure, or Call 303-442-7851 to have one mailed.

Flatirons Junior League

The junior league consists of eight weeks of medal play, including a junior club championship, a season long match play competition, instructional clinics, as well as rules and etiquette clinics.

Team Double Black

The Double Black Program is for those juniors interested in playing competitive golf as well as receiving instruction. Juniors who play or planning to play high school golf should give serious consideration to joining the Double Black program. The Double Black Program is comprised of the Flatirons Friday Program and the Flatirons Junior League.

Chip Shots Program

For juniors too young for the Friday Junior Program, Flatirons is pleased to be bringing back the Chip Shots Program.



Spend Friday mornings on the beautiful Flatirons Golf Course with our Junior Golf Program!



GYMNASTICS



Important Information for ALL Classes:

- All classes held at the North Center
- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes



► PRESCHOOL

June 4-August 25 (No class July 4. Closed for Gymnastics Camp July 9-13)

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Fees			
M/Tu//Th/F	(1 day per/wk)	(11 classes)	\$127/\$159
W	(1 day per/wk)	(10 classes)	\$116/\$144
Sa	(1 day per/wk)	(12 classes)	\$139/\$173

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

163582	M, 9-9:45am ★	163590	Th, 9-9:45am ★
163583	M, 10-10:45am ★	163591	Th, 10-10:45am ★
163585	Tu, 9-9:45am ★	163592	F, 9-9:45am ★
163586	Tu, 10-10:45am ★	163593	F, 10-10:45am ★
163587	Tu, 11-11:45am ★	163594	Sa, 9-9:45am
163588	W, 9-9:45am ★	163595	Sa, 10-10:45am
163589	W, 10-10:45am ★		

3 Year Olds

Child attends independent of parents and must be 3 years old by first class.

163596	M, 9-9:45am ★	163606	W, 2:45-3:30pm
163597	M, 10-10:45am ★	163607	Th, 9-9:45am ★
163598	M, 11-11:45am ★	163608	Th, 10-10:45am ★
163599	M, 2:45-3:30pm	163609	Th, 11-11:45am ★
163600	Tu, 9-9:45am ★	163610	Th, 2:45-3:30pm
163601	Tu, 10-10:45am ★	163611	F, 9-9:45am ★
163602	Tu, 11-11:45am ★	163612	F, 10-10:45am ★
163603	Tu, 2:45-3:30pm	163613	F, 2:45-3:30pm
163604	W, 9-9:45am ★	163614	Sa, 9-9:45am
163605	W, 10-10:45am ★	163615	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

163616	M, 9-9:45am ★	163626	W, 2:45-3:30pm
163617	M, 10-10:45am ★	163627	Th, 9-9:45am ★
163618	M, 11-11:45am ★	163628	Th, 10-10:45am ★
163619	M, 2:45-3:30pm	163629	Th, 11-11:45am ★
163620	Tu, 9-9:45am ★	163630	Th, 2:45-3:30pm
163621	Tu, 10-10:45am ★	163631	F, 9-9:45am ★
163622	Tu, 11-11:45am ★	163632	F, 10-10:45am ★
163623	Tu, 2:45-3:30pm	163633	F, 2:45-3:30pm
163624	W, 9-9:45am ★	163634	Sa, 9-9:45am
163625	W, 10-10:45am ★	163635	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

163636	M, 9-9:45am ★	163646	Th, 9-9:45am ★
163637	M, 10-10:45am ★	163647	Th, 10-10:45am ★
163638	M, 2:45-3:30pm	163648	Th, 11-11:45am ★
163639	Tu, 9-9:45am ★	163649	Th, 2:45-3:30pm
163640	Tu, 10-10:45am ★	163650	F, 9-9:45am ★
163641	Tu, 11-11:45am ★	163651	F, 10-10:45am ★
163642	Tu, 2:45-3:30pm	163652	F, 2:45-3:30pm
163643	W, 9-9:45am ★	163653	Sa, 9-9:45am
163644	W, 10-10:45am ★	163654	Sa, 10-10:45am
163645	W, 2:45-3:30pm		

GYMNASTICS



Gymnastics promotes positive self-esteem and confidence, improves coordination, flexibility, and it's fun!

► BEGINNER / ADVANCED BEGINNER

June 4-August 25 (No class July 4. Closed for Gymnastics Camp July 9-13)
This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Instructors will group children according to ability on the first day of class. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Fees

M/Tu/Th/F	(1 day per/wk)	(11 classes)	\$121/\$152
Tu//Th	(2 day per/wk)	(22 classes)	\$231/\$289
W	(1 day per/wk)	(10 classes)	\$110/\$138
Sa	(1 day per/wk)	(12 classes)	\$132/\$165

Boys Ages 6-12

163655	M, 3:45-5pm
163656	W, 3:45-5pm
163657	F, 3:45-5pm
163659	Sa, 11 am-12:15pm

Girls Ages 6-12

163660	Tu/Th, 3:45-5pm
163661	M, 3:45-5pm
163662	Tu, 3:45-5pm
163663	W, 3:45-5pm
163664	Th, 3:45-5pm
163665	F, 3:45-5pm
163667	Sa, 11 am-12:15pm

► GYMNASTICS BIRTHDAY PARTIES

Reserve your party now! Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room

Ages 5-7, 8-10 & 11-13

Sunday's only	1-3 pm or 2:30-4:30 pm
up to 8 children	\$145(R) / \$181(N)
9-15 children	\$203(R) / \$254(N)



To book a party call 303-413-7218

► "TWEEN" BEGINNER/ ADVANCED BEGINNER

NEW!

(Ages 9-12) This is the perfect place to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants. **No class July 4th. Closed for Gymnastics Camp July 9-13.**

Boys

163676	6/4-8/25	M/W, 5:15-6:30pm	North	21 classes	\$221/\$276
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Girls

163675	6/4-8/25	M/W, 5:15-6:30pm	North	21 classes	\$221/\$276
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► GYMNASTICS FOR TEENS

Special Class for Teens (Coed)!

(Ages 13-18) It's not too late to start gymnastics! This class is specifically designed for middle and high school students ages 13-18. Learn basic gymnastics in a non-competitive class with your peers (instead of kids half your age!). The goal of this program is to have fun with friends while improving coordination, strength, flexibility, spatial awareness and self-confidence through extensive use of our five different types of trampolines and two spring tumbling floors. In addition, students will use all of the Olympic apparatus as well as our two foam pits. Enroll today! Some classes may be filled due to pre-registration of previous session participants. **Closed for Gymnastics camp July 9-13.**

163670	6/4-8/25	Tu/Th, 6:45-8pm	North	22 classes	\$231/\$289
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► BOULDER FLYERS GYMNASTICS TEAM

These classes are for intermediate to advanced gymnasts by TRYOUT ONLY. If you are unsure of your team level, call 303-413-7265 to schedule a time to be tested. Fees are due by the 15th of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 1st of the month, a \$15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid. Call for detailed information on class requirements and schedules.

Girls Pre-Team

(Age 6+) Pre-team girls will continue developing basic skills. in USAG Levels 1-4. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills. in USAG Levels 1-4. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

► OPEN GYM

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! Open gym time is available Saturdays from 1-3 pm. The number of participants is limited. A parent must accompany ALL participants to the gym on their first visit to sign a waiver. Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.

Drop-in	Sa, 1-3pm	North	\$8 payable at front desk
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HEALTH & WELLNESS: FITNESS & WEIGHTS



We practice what we preach – staff sample one of our fitness classes.

Try a new class! Challenge yourself! Have fun with a friend! Our experienced fitness staff is here for the beginner or the advanced exerciser.

Visitor fees for Registered Classes: A visitors' fee option (\$17 per visit, or \$70 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Content VonRoenn at 303-413-7280.

Pre-registered classes will not be held the week of July 4th.

50 Plus Resistance

(Adult 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

165633	6/4-8/1	M/W, 1:30-2:30pm	East	16	\$132/\$164	TBA
165632	6/8-8/3	F, 11:30am-12:30pm	East	8	\$66/\$82	Melissa

► SWISS BALL

Swiss Ball All Levels

Exercising with a Swiss ball will improve the strength of all core muscles: abs, low back, and more! A licensed physical therapist will guide you through these exercises while also working on flexibility, balance, postural alignment and coordination. Various props are added as students are ready for more advanced challenges.

165638	6/7-8/23	Th, 4-5pm	North	11	\$91/\$113	Heidi
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► FITNESS

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

165634	6/4-8/1	M/W, 5-6pm	South	22	\$182/\$226	Ignacio
165635	6/4-8/22	M/W, 7-8pm	North	22	\$182/\$226	Ignacio

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. **Meets outside, weather permitting.**

165636	6/4-8/1	M/W, 7-8am	East	16	\$132/\$164	Ignacio
165637	6/5-8/23	Tu/Th, 6:30-7:30am	South	22	\$182/\$226	Ignacio

► NUTRITION

Personalized Nutrition Plan

A personalized nutrition plan, designed just for you, elevates the potential of success!

A registered dietitian will work with you to design a healthy eating program or tweak your current program. They can also answer specific questions you may have about sport nutrition, how nutrition helps minimize chronic disease, and many other unique topic areas.

1 - 1 hour session: \$60 or 3 - 45 minute sessions for \$159



► WEIGHT MANAGEMENT

Weight training and nutrition for weight management - this is a combination too good to pass up!

Beyond Body Basix

Go Beyond! Engage in circuit training that includes core, balance, strength, agility and flexibility to transform your body and work with your instructor to take action on wellness targets that will enhance your life. Change your body - Change your life!

165733 6/4-8/22 M/W, 6:20-7:20am North 22 \$212/\$264 Belen

Beyond Body Basix -Supplement

Take your workout to the next level by adding a 3rd day to your routine! Must be enrolled in Beyond Body Basix class to sign up for this supplement.

165735 6/8-8/24 F, 6:20-7:20am North 12 \$116/\$144 Belen

Biggest Winner

You're the Biggest Winner! Workout twice a week with a trainer in a small group. Activities include exercising together, nutritional support, e-mails from your trainer and weekly exercise targets. Your trainer will support you, set goals with you, and track your progress and success.

165732 6/5-8/2 Tu/Th, 6:30-7:30am East 16 \$154/\$192 Belen

165737 6/5-8/2 Tu/Th, 6-7pm★ East 16 \$154/\$192 Belen

► TRAINER SPOTLIGHT



Jessica Reiss grew up right here in Boulder Colorado, where she started playing volleyball, basketball, and swimming that would eventually drive her towards a fitness career. She took her first dance and swimming lessons right at the South Boulder Center and remembers watching volleyball heroes Sinjin Smith and Karch Karaly duke it out right on the sand courts during AVP tournaments! Jessica left Boulder after high

school to attend the University of Arizona. There she earned a degree in Communication and worked at UApresents, an arts performance presenter, at UofA. Eventually Jessica moved to Flagstaff Arizona, started working in the fitness industry at both Flagstaff Athletic Club and at Northern Arizona University. As wonderful as Arizona is, Jessica missed the beauty, people, and style of Boulder and in October of 2010 moved back to pursue her fitness and art careers. She currently teaches cycling, MRT, boot camp, weight lifting and cardio classes at the city. Her specialties are balance, speed and agility training, and general health and wellness. She believes exercise should celebrate movement and prepare one for everyday activities and athletic goals.

Profession: Fitness Instructor, and Artist.

Activities: Volleyball, Cycling, Racquetball, Basketball, Soccer, Yoga, Weight Training

Specialties: Core training, Balance, Fitness Education Toning and General Fitness, Weight Training, Agility and Speed Conditioning.

Degrees: BA in Communications and Studio Art

Years Experience: 10+

Certifications: AFAA - Group Fitness Instructor, Prana Energy Work Certification, CAP - Volleyball Coaching Certification, CPR.

► FIRST AID & CPR/AED CERTIFICATION

Heartsmart CPR/AED/First Aid certification and training.

CPR/AED Certification

CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

166183 6/23 Sa, 9am-1pm South 1 \$40/\$50

First Aid

First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injury, stroke, diabetic emergencies, seizures and more.

166184 6/23 Sa, 1:30-5:30pm South 1 \$40/\$50

Red Cross Babysitting

(Ages 11-15) Gain skills and confidence to care for infants and children. Training shows you how to respond to emergencies and illness with First Aid and rescue breathing. Learn household rules, hygiene, diapering, feeding and how to communicate with parents. CPR certification is not included but will be demonstrated.

166185 6/9 Sa, 9am-3pm North 1 \$60/\$75

► TRIATHLON CLINICS

Mental Conditioning for Endurance Athletes

What would enhance your athletic experience as a runner, swimmer, cyclist, skier, or triathlete? Practice targeted techniques to enhance your motivation, reduce pre-race jitters, and increase your potential to train hard and succeed.

158893 5/23 W, 6-7:15pm★ East Senior 1 \$20/\$25

Pace the Race

Get the most from your yourself in your next triathlon. You'll learn to quantify your actual race day fitness so that you can create and execute a brilliant plan for reaching the finish line swiftly and confidently. Presented by Scott Fliegelman, Head Coach of FastForward Sports and Triathlete Magazine writer.

160282 5/31 Th, 5:30-6:30pm Boulder Reservoir 1 \$20/\$25

Avoid the Most Common Sports Injuries

Bob Cranny, physical therapist, cyclist, runner and swimmer will share his expertise on how to avoid common sports injuries. Receive his advice on how to make your recovery as quick as possible if you do get hurt.

158885 5/31 Th, 6:30-7:30pm Boulder Reservoir 1 \$20/\$25

Open Water Swim Clinic

If you have never done an open water swim, this clinic is for you. Triathlon coaches will work with you on the land and in the water. You will even complete a 500 yard simulated race course. Coaches will swim with you. You will learn how to get in and out of a wet suit, how to position yourself during a mass start, how to navigate the course, and have a fast finish.

158982 6/10 Su, 7-9am Boulder Reservoir 1 \$20/\$25



HEALTH & WELLNESS: FITNESS & WEIGHTS



Have a certified trainer design your workouts for success!

► PERSONAL TRAINING

One hour sessions address sport specific, weight loss, rehabilitative and general fitness goals. To find out more about our excellent training staff go to our weight training page @ www.BoulderParks-Rec.org. Request a trainer online, visit the front desk or call 303-413-7280.

(Sessions expire 1 year from purchase date.)

Private Sessions

(Age 12+) Personalized training with a certified professional.

1 session \$51 • 3 sessions \$144 • 6 sessions \$276 • 12 sessions \$516

Partner/Group Training

(Ages 15+) Customized training for a pre-arranged group of 2-6 individuals sharing similar goals and fitness needs. Call 303.413.7280 for pricing.

Express Personal Training

Never met with a trainer before, have limited time, or in need of a tune up? Your trainer will provide a targeted 30 minute plan that will invigorate your workouts and show you how to maximize your time in the weight room. Three 30 minute sessions with a personal trainer. **Investment \$99**

Cancer Fit - Personal Training for Survivors **NEW!**

Come workout with a CancerFit specialist at your Boulder Rec Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you. Training is centered on goal oriented exercises, specifically tailored to assist those fighting cancer. Let us give you the support you need to take back your health! Rates for this powerful new offering match our traditional training fees for Commit to Get Fit and Private Sessions.

Request this offer online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

Commit to Get Fit

Let us ensure your success...Commit to Get Fit with us this year!

What is Commit to Get Fit? It's the answer to your most pressing fitness concern...whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you.

• Choose your level

Power Plan: Meet your trainer 1x a week. Best for moderate gains, foundation building and increased motivation.

Performance Plan: Meet your trainer 2x a week. Best for accelerated gains, improved technique and performance; dynamic motivation.

Peak Plan: Meet your trainer 3x each week. Tremendous gains and maximum goal achievement in minimum time.

POWER • 1X weekly – \$ 179/mo. (less than \$45 per session)

PERFORMANCE • 2X weekly – \$329/mo. (less than \$42 per session)

PEAK • 3X weekly – \$464/mo. (less than \$39 per session)

• Choose your Trainer

All City of Boulder Personal Trainers are highly qualified professionals who maintain national personal training certifications in addition to CPR/AED/First Aid certifications. Select your own from our web-based profiles – or let us help you select the trainer best suited to meet your goals and interests. Trainer profiles are available online, or contact the Fitness & Weight Training Coordinator, Content VonRoenn, to discuss which trainer would be best for you. Vonroennc@bouldercolorado.gov or 303-413-7280.

• Choose to Achieve

Sign up for an annual commitment to meet with your trainer once, twice or three times weekly. It's up to you! **As an added bonus you will receive an annual pass!**

(Can be cancelled anytime with a written 30 day notice.)

Request a trainer online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!



Pre-registered classes will not be held the week of July 4th.

► COMPLETE CONDITIONING

Functional Interval Training (F.I.T.) is your one stop shop for calisthenics, core conditioning, circuit and functional training!

F.I.T. Workout

Functional Interval Training- This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

165689	6/5-8/23	Tu/Th, 7:15-8:15am	North	22	\$182/\$226	Catherine
165687	6/5-8/23	Tu/Th, 7:30-8:30am	South	22	\$182/\$226	Ignacio
165688	6/5-8/23	Tu/Th, 8:30-9:30am	South	22	\$182/\$226	Ignacio
165685	6/9-8/25	Sa, 8-9am	North	11	\$91/\$113	Ignacio
165684	6/4-8/22	M/W, 9-10am	South	22	\$182/\$226	Ignacio

Circuit Training

Strong Men and Women Stay Young! Train smart, keep your heart rate up, and body toned in this demanding one hour workout. Weight training, cardiovascular and core activities are completed in timed intervals. Get individualized training at your level from one of our veteran instructors!

165682	6/5-8/2	Tu/Th, 10-11am	East	16	\$132/\$164	Marti
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Lift For Life

Increase strength to achieve optimal performance in any daily activity or sport!

165692	6/5-8/23	Tu/Th, 4:30-5:30pm	South	22	\$182/\$226	Chris
165691	6/5-8/23	Tu/Th, 5:30-6:30pm	South	22	\$182/\$226	Chris

► WORKOUTS FOR WOMEN

A selection of weight training classes geared especially for women. Come join the fun!

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

165740	6/4-8/22	M/W, 9:30-10:30am ★	North	22	\$182/\$226	Chris
165741	6/5-8/23	Tu/Th, 9:30-10:30am ★	North	22	\$182/\$226	Chris
165742	6/5-8/23	Tu/Th, 10:45-11:45am	South	22	\$182/\$226	Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

165743	6/4-8/1	M/W, 8:15-9:15am	East	16	\$132/\$164	Sue
165744	6/4-8/22	M/W, 8:30-9:30am	North	22	\$182/\$226	Chris
165745	6/5-8/23	Tu/Th, 9:30-10:30am	South	22	\$182/\$226	Sue

Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

165738	6/5-8/23	Tu/Th, 6-7pm	North	22	\$182/\$226	Ignacio
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Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

Passport to Health

The perfect package! Get a quick start with this 3 hour investment to a healthy lifestyle. Our comprehensive **fitness assessment*** will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Once the assessment is completed, you and your trainer will prepare a **personalized exercise plan** indicating the frequency, duration and intensity of exercise appropriate for you. Lastly, you will receive a **personalized nutrition plan** from a registered dietitian to optimize your success. **Investment \$180** (You can also purchase each one hour segment of this package separately for \$60 ea.)

Fitness Assessment

Administered by Martin Petrofes: Advanced Health and Fitness Specialist. His certification qualifies him to work with the healthy population as well as chronic disease and pre/post rehab clients.

Recommended every 3-6 months. Use this tool to direct and track your fitness success! This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Testing includes: resting heart rate, blood pressure, 8 min treadmill, or step test, VO2 estimate, range of motion and strength testing of the back, neck, shoulder, and hamstrings. You will have your choice of skin fold measurements, body mass index, bio electrical impedance or circumference measurements to be used as a measuring tool to track weight loss goals and improvements in fitness. Testing can be modified to accommodate personal preference or injury. **Investment \$60**

Personalized Exercise Plan

A specific plan that maps out the days of the week, type of exercise, length and intensity of each workout provides direction and motivation to achieve your goals. Use this one hour session to customize a beginning program or amp up your current strength training routine! **Investment \$60**

Personalized Nutrition Plan

A personalized nutrition plan, designed just for you, elevates the potential of success!

In this session, a dietitian will work with you to assess your current nutritional status and determine what your body needs to perform at its optimal level.

Learn to manage chronic diseases such as diabetes, high blood pressure, and high cholesterol, or pursue heightened athletic performance via improved nutrition. No nutrition question is off limits. Let us help you achieve the nutritional success you've been striving for!

1 - 1 hour session: \$60 or

3 - 45 minute sessions for \$159





MIND / BODY: PILATES



Instructor Tamara Conner demonstrating the Pilates "Rollover" exercise.

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.**

Registered Class Visitor's Fee

Pilates Mat \$17

Some classes have space available and are appropriate for visitation. Choose the level that is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-up policy

Make-ups are approved and arranged through your instructor.

No class Wednesday, July 4.

► PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Reshape your body. Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course.

167382	6/4-8/20	M, 8:45-9:45am	Iris	10	\$80/\$100	Christine
167384	6/8-8/17	F, 8:45-9:45am	Iris	10	\$80/\$100	Christine
167385	6/10-8/12	Su, 4:15-5:15pm	Salberg	10	\$80/\$100	Diane
167383	6/11-8/13	M, 5:30-6:30pm	Salberg	10	\$80/\$100	Roxolana
167799	6/12-8/14	Tu, 5:15-6:15pm	South	10	\$80/\$100	Sheri

Mat - Continuing Beginner

(Age 14+) Continue your practice of Pilates Method beginner mat exercises with precisely coordinated movement, and continue to learn proper sequencing of the exercises. Intermediate exercises such as 'rollover,' 'corkscrew II,' 'swan dive' and 'teaser II' will be introduced when appropriate. Props will be used to enhance the exercises.

Pre-requisite: Ability to properly perform and flow through all beginner mat exercises in sequence.

167433	6/9-8/11	Sa, 8:15-9:15am	Salberg	10	\$80/\$100	Desiree
167432	6/13-8/22	W, 5:30-6:30pm	South	10	\$80/\$100	Lisa

Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on flowing through Level 2 mat exercises such as 'shoulder bridge,' 'spine twist' and 'teaser III.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced. **Pre-requisites:** Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

167434	6/4-8/20	M, 9:55-10:55am	Iris	10	\$80/\$100	Christine
167435	6/8-8/17	F, 9:55-10:55am	Iris	10	\$80/\$100	Christine
169283	6/11-8/13	M, 5:30-6:30pm	South	10	\$80/\$100	Lisa



► PRIVATE & SEMI-PRIVATE REFORMER LESSONS

Private and Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$50/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student
Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Please call registration to begin appointment procedure.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

► PILATES REFORMER AND MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

No class Wednesday, July 4.

► PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors and can effectively tone the body. See if Pilates Reformer is the right workout for you.

167437	6/11-7/30	M, 8:40-9:40am	South	8	\$104/\$130	Sheri
167740	6/12-7/31	Tu, 5:30-6:30pm	Salberg	8	\$104/\$130	Missie
167737	6/18-8/6	M, 4:15-5:15pm	South	8	\$104/\$130	Bianca

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

167751	6/9-8/11	Sa, 9:20-10:20am	Salberg	10	\$130/\$163	Desiree
167752	6/9-8/11	Sa, 9:30-10:30am	South	10	\$130/\$163	Bianca
167755	6/10-8/12	Su, 5:30-6:30pm	Salberg	10	\$130/\$163	Diane
167741	6/13-8/22	W, 8:40-9:40am	South	10	\$130/\$163	Sheri
167744	6/13-8/22	W, 6:40-7:40pm	Salberg	10	\$130/\$163	Diane
167745	6/14-8/16	Th, 4:15-5:15pm	South	10	\$130/\$163	Desiree
167747	6/14-8/16	Th, 6:40-7:40pm	South	10	\$130/\$163	Desiree

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

167749	6/8-8/10	F, 9:45-11am	South	10	\$163/\$203	Sheri
167753	6/9-8/11	Sa, 10:30-11:30am	Salberg	10	\$130/\$163	Desiree
167754	6/9-8/11	Sa, 10:40-11:40am	South	10	\$130/\$163	Bianca
167738	6/12-8/14	Tu, 8:15-9:30am	South	10	\$163/\$203	Sheri
169284	6/12-8/14	Tu, 6:40-7:40pm	Salberg	10	\$130/\$163	Missie
167743	6/13-8/22	W, 5:30-6:30pm	Salberg	10	\$130/\$163	Diane
167746	6/14-8/16	Th, 5:30-6:30pm	South	10	\$130/\$163	Desiree

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

167482	6/11-8/13	M, 6:40-7:40pm	Salberg	10	\$130/\$163	Roxolana
167483	6/13-8/22	W, 9:45-11am	South	10	\$163/\$203	Sheri

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced experience and coordinator approval.

167750	6/8-8/10	F, 11:10-12:10pm	South	10	\$130/\$163	Sheri
169285	6/11-8/13	M, 9:45-11am	South	10	\$163/\$203	Sheri



MIND / BODY: NIA

► NIA

No class Wednesday, July 4.

Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.

New to Nia

(Age 14+) In this class you will learn the 52 Moves, increase your flexibility, strength, and stability and gain a better understanding of 'The Body's Way'. For beginners looking for a fun new workout or those current students looking to expand their knowledge of Nia in a more intimate setting.

167735 6/8-8/24 F, 9-10am ★ North 10 \$80/\$100 Jackie

Nia Workshop - 52 Moves

(Age 14+) This workshop always gets top reviews. The 52 Moves are the building blocks of all Nia workouts: the Base (steps, kicks and stances); the Core (motions); and Upper Extremities (hands, arms and finger expressions, strikes and blocks). Learning to do the movement correctly enables you to dance freely, safely and with greater power.

167263 6/30 Sa, 1:15-3:15pm North 1 \$30/\$38 Jackie

169133 7/28 Sa, 2-4pm East 1 \$30/\$38 Tracy



Try Juliet's new drop-in Ayre Dance class. See page 54-55 for schedule.

Also see the inside back cover for drop-in Nia classes and the new Ayre Dance with Juliet Seskind.



Keep your kids active – Sign up today!

LET'S MOVE!

AMERICA'S MOVE TO RAISE A
HEALTHIER GENERATION OF KIDS



- Gonzo Tennis (p. 45)
- Mini-Sports & Youth Football (p. 37)
- Barracudas Summer Swim Team (p. 43)
- Irish Step for ages 6-12 (p. 18)
- National Kids to Parks Day- May 19
12-4pm at the East Community Center (p.52)
See www.BoulderParks-Rec.org for more info.
- Valmont Bike Park Programs (p. 47)
- Gymnastics for ages 6-18 (p. 24-25)
- Summer Camps (pgs. 8-15)

The City of Boulder supports Let's Move! - a comprehensive initiative, launched by First Lady, Michelle Obama.

We are dedicated to solving the challenge of childhood obesity by offering Boulder's young people hundreds of summer camps and year round programs aimed at keeping them active, healthy and informed – so they are able to pursue their dreams. Our goal is to put children on a path to a healthy future.

For more information about Let's Move! and other resources for raising healthy children visit: www.LetsMove.gov • www.fitness.gov

Visit us online at www.BoulderParks-Rec.org



The "Resting Pigeon" is a relaxing yoga pose.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.**

Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.

Registered Class Visitor's Fee

Yoga program classes \$17

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.**

Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.

Make-ups - Approved and arranged through your instructor.

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

No class Wednesday, July 4.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

***Seniors** - Beginning classes designated with an asterisk are suitable for seniors and are rejuvenating, limbering, and help maintain stability. Students should be able to sit comfortably on the floor, kneel and then stand, lunge, and support some weight with the arms. (*Also see Therapeutic and Restorative Yoga, T'ai-Chi and Feldenkrais classes.*)

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels - foundational standing, seated and supine poses, twists, and modifications for individual body types.

166482	6/8-8/31	F, 9-10:30am	East	9	\$108/\$135	Brian
166832	6/9-8/11	Sa, 9:45-11:15am	South	10	\$120/\$150	Louis
166882	6/10-8/12	Su, 4:30-6pm	North	10	\$120/\$150	John
166232	6/11-8/20	M, 6:30-8pm ★	East Senior	10	\$120/\$150	Ines
166282	6/12-8/14	Tu, 9:15-10:45am	South	10	\$120/\$150	Kathleen
166332	6/12-8/14	Tu, 1:15-2:45pm	North	10	\$120/\$150	Louann
166382	6/13-8/22	W, 7:30-8:45am	South	10	\$100/\$125	Ravi
166432	6/14-8/16	Th, 9:15-10:45am★	North	10	\$120/\$150	Louann
*160218	4/7-6/2	Sa, 9:45-11am	South	9	\$108/\$135	Louis

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

167262	6/4-8/27	M, 9-10:30am	East	8	\$96/\$120	Louis
167082	6/6-8/22	W, 7-8:30pm	East Senior	10	\$120/\$150	Brian
167232	6/9-8/11	Sa, 9-10:30am	North	10	\$120/\$150	Karen
167182	6/14-8/16	Th, 9:15-10:45am	South	10	\$120/\$150	Kathleen
167183	6/14-8/16	Th, 5:45-7:15pm	North	10	\$120/\$150	Dan
167184	6/15-8/17	F, 8:50-10:20am★	North	10	\$120/\$150	De



Intermediate Yoga

(Age 14+) Students entering this more advanced level should have an established yoga practice of a year or more, be competent in most yoga poses, and free of major neck, back, knee and wrist injury or other serious limitations. Knowledge of safe alignment and non-competitive principles are essential for these classes which focus on more complex endurance-building and faster moving sun salutations. With an internal meditative approach, you will increase your sensitivity to breath and mental patterns. Poses are held longer to allow concentration and strength in order to deepen your experience. You will learn progressive back bending and inversions. Staff may introduce partner work, sound and pranayamas.

167233	6/11-8/13	M, 7:15-8:45pm	North	10	\$120/\$150	Kirsten
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Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to heal and rejuvenate. Practice breathing and floor asanas supported by blankets, bolsters, blocks and straps. This restorative method, in the Iyengar style, creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is helpful for those who are recovering from illness.

167257	6/13-8/22	W, 10:30-11:45am★	North	10	\$100/\$125	Karen
167782	6/13-8/22	W, 6-7:30pm	North	10	\$100/\$125	Pamela

Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

167253	6/9-8/11	Sa, 10:40-11:55am	Iris	10	\$100/\$125	Karen
167250	6/12-8/14	Tu, 5:15-6:30pm	North	10	\$100/\$125	Cassandra
167242	6/13-8/22	W, 4-5:15pm	South	10	\$100/\$125	Lori
167251	6/15-8/17	F, 3:45-5pm	North	10	\$100/\$125	Cassandra
167252	6/15-8/17	F, 4-5:15pm	South	10	\$100/\$125	Lori

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment within all passages of life: teen, pre/post natal, mid-life, menopause and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

167258	6/6-8/29	W, 10:20-11:50am	East	7	\$84/\$105	Alicia
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Pre/Post Natal Yoga

(Age 16+) Through yoga, expectant mothers can strengthen the lower back, increase flexibility, and learn effective breathing and relaxation techniques. Prenatal yoga tones pelvic floor muscles, alleviates many common discomforts of pregnancy and aids in preparing for labor and delivery. Postpartum yoga refreshes and helps you regain tone in the pelvic floor and abdomen. Mothers find support and sharing with one another. Infants are welcome in class.

167259	6/13-8/22	W, 4:15-5:30pm	North	10	\$100/\$125	De West
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► FELDENKRAIS

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

167260	6/6-8/1	W, 6:30-7:45pm★	East Senior	8	\$80/\$100	Gil
167261	6/8-7/27	F, 12-1pm	Iris	8	\$64/\$80	Gil

► CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This eight-week course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the "ten stages of qi cultivation" outlined in the book "The Healing Promise Of Qi" by Roger Jahnke, OMD. ("Qi" is our human life-force energy.) Each week you will learn a simple yet potent practice, combining gentle movements with breathing and visualization, that corresponds to one of these ten stages. By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices, which you can continue to work with, either on your own or in future classes.

167756	6/10-8/12	Su, 10:30-11:30am	North	10	\$80/\$100	Beth
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Also see the inside back cover for drop-in Mind/Body classes.

► T'AI-CHI & T'AI-CHI CH'UAN

T'ai-Chi

(Age 14+) Learn energizing Qi Gong warm-up exercises, the 5 Element form and first circle as taught by Master Chungliang Al Huang. Inspirational music and guided stress reduction relaxation are included.

169282	6/14-7/19	Th, 12-1pm	Iris	6	\$48/\$60	Cynthia
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T'ai-Chi Ch'uan

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment. Doing this gentle martial art increases energy and circulation; improves balance; strengthens the spine and internal organs; and promotes general life-long health. This is the simplified short 'Yang' style as taught by Grand Master Cheng Man-ch'ing. The beginner level will be taught in both courses.

167255	6/12-8/14	Tu, 6:45-7:45pm	North	10	\$80/\$100	Bataan/Beth
161185	6/9-8/11	Sa, 9:30-10:30am	Iris	10	\$80/\$100	Bataan/Darren



Choose from hundreds of unique handmade pieces at the annual pottery sale, June 2 & 3 at the Pottery Lab.

All pottery classes are held at the City of Boulder Pottery Lab, 1010 Aurora, Boulder.

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street Parking is available, be aware that some parking is restricted to 2 hours from 9 a.m to 5 p.m. Monday-Friday.

► POTTERY FOCUS SERIES

Glazing and Firing

(Ages 16+) Students enrolled in the summer session can add a bonus 'Focus Class' The Firing Bonus class will include glazing techniques, learning to load and fire a bisque and building atmospheric-like surfaces at cone 6.

167742 6/11-7/16 M, 12:30-2pm Pottery Lab 6 \$100/\$125 Nancy

► ADULT POTTERY

Adult Beginner

(Age 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel throwing and glazing are introduced.

167682 6/12-8/7 Tu, 7-9:30pm Pottery Lab 9 \$213/\$266 Don

Adult Intermediate

(Age 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

167683 6/12-8/7 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

Senior Pottery

(Ages 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

167733 6/12-8/7 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

All Levels

(Age 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building. No class July 4th.

167684 6/11-8/06 M, 7-9:30pm Pottery Lab 9 \$213/\$266 TBA

167685 6/13-8/15 W, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

167686 6/16-8/11 Sa, 9-11:30am Pottery Lab 9 \$213/\$266 Chris



POTTERY



Learn to make beautiful handmade pieces of your own in a pottery class!

Beginning Wheel-Throwing and Hand Building

(Age 16+) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

167687 6/14-8/9 Th, 9-11:30am Pottery Lab 9 \$213/\$266 Margaret

Intermediate to Advanced Wheel Throwing

(Age 16+) Students with some experience will enjoy the emphasis on learning handles, lids, and throwing larger forms with ease.

167693 6/14-8/9 Th, 7-9:30pm Pottery Lab 9 \$213/\$266 Nancy

► YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

167690 6/16-8/4 Sa, 9-10am Pottery Lab 8 \$107/\$134 Judi

167691 6/16-8/4 Sa, 10:15-11:15am Pottery Lab 8 \$107/\$134 Judi

167692 6/16-8/4 Sa, 11:30am-12:30pm Pottery Lab 8 \$107/\$134 Judi

Pre-Teen Pottery

(Ages 8-11) Students will move downstairs to take advantage of new equipment including the slab roller, extruder and wheel to broaden their learning experience. Students must have completed a hand building class at the Pottery Lab before signing up for this class.

167732 6/14-8/2 Th, 1:45-3pm Pottery Lab 8 \$107/\$134 Aaron

Teen Pottery

(Ages 11-16) Emphasizing creativity and enjoyment, this class includes basic hand-building and wheel throwing instruction, slip decorating, glazing and firing.

167734 6/13-8/1 W, 1:45-3:45pm Pottery Lab 8 \$107/\$134 Aaron

SPRING

Pottery Sale!

The City of Boulder Pottery Lab
1010 Aurora Ave

Saturday & Sunday
10am - 5pm

June 2nd & 3rd





Flag football is a great opportunity to have fun and learn the sport in a non-contact environment!



► MINI-SPORTS PROGRAM

The (Instructional) Mini-Sports programs consists of staff who help build participant's skills by administering a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton and 30th). If weather is in question call the rainout/cancellation info line: 303-441-3410. **No classes the week of June 25th or July 2.** Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

T-Ball

(Ages 4-5)

165532	6/5-7/24	Tu, 4-4:45pm	Mapleton	6	\$42/\$53
165534	6/5-7/24	Tu, 5-5:45pm	Mapleton	6	\$42/\$53

Soccer

(Ages 4-5)

165533	6/6-7/25	W, 4-4:45pm	Mapleton	6	\$42/\$53
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(Ages 6-7)

165535	6/6-7/25	W, 5-5:45pm	Mapleton	6	\$42/\$53
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► NUGGETS BASKETBALL

Denver Nuggets Private Training

Take advantage of the National Basketball Academy's professional training program. The program is designed to take your game to the next level. Whether it be getting ready for elementary basketball or NBA tryouts, we can help improve your game. The National Basketball Academy has graduated an elite list of Division 1 and pro players all over the United States.

Key skills include: Shooting, ball handling, position specific (point guard, post, shooting), rebounding, defense, game decision making and team-play dynamics.

To register contact Derek Griffin, Director of National Basketball Academy, for the Denver Nuggets: 303-405-1105 or dgriffin@TheBasketballAcademy.com

► YOUTH FOOTBALL

Youth Flag Football League

The Youth Flag Football League is the premier flag football league for youth ages 6-13. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Participants receive a team-identified t-shirt to keep at the end of the season. Teams will practice two times during the week until games start and then ONLY once during the week once games start on Friday evenings. Practice locations will be determined by the coach. Home games played at Stazio ballfields. There could be away games depending on league registration (Louisville/Lafayette). Practice will start the week of August 20. Games will start September 7. **Registration DEADLINE: August 3.**

Coaches NEEDED! If interested in coaching, please contact Derrick at 303-441-4137 or trippd@bouldercolorado.gov. All City of Boulder Flag Football coaches are volunteers. The City will offer training, manuals, clinics, and mentors to help get coaches started.

Ages 6-8	165782	\$85/\$106
Ages 9-11	165783	\$85/\$106
Ages 12-13	165784	\$85/\$106

► YOUTH VOLLEYBALL

Power Volleyball Skills & Scrimmages

(Grades 7-9) Increase your game knowledge and skills to dominate the court! This class is targeted for incoming freshman preparing for high school tryouts, but is open to grades 7-9. Passing, setting, serving & other skills will be emphasized along with other fun court games to keep the fun dialed in. Participants must have ADVANCED skills in volleyball and have played club, Gold Crown or on their school team. The first class will consist of a tryout session to evaluate participant's skill set. Participant must pass initial tryout session to continue class. No class 7/17 & 7/19.

Information: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

158134	7/5-8/14	Tu/Th, 4:45-6:45pm	South	10	\$183/\$229
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SPORTS

► ADULT LEAGUES

Sand Volleyball League

(Ages 16+) Enjoy the beautiful Colorado summer weather while playing some volleyball in the sand. Teams may register through the website, fees are per team. No additional player fees! No games July 4th or 5th.

Information: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

Co-Ed 4's

164682	6/6-8/1	W, 6-8pm	South	8	\$150
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Co-Ed 6's

164685	6/7-8/2	Th, 6-8pm	South	8	\$250
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Men's Basketball League

(Ages 18+) Come play men's hoops this summer at our newly renovated basketball facility at SBRC. Featuring regulation courts, glass backboards, electronic scoreboard, and great officials in our 8 game season. Fees are team based with no additional player fees.

Information: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

B League - Rec

169482	6/26-8/14	Tu, 7-9pm	South	6	\$375
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A League - Comp

169483	6/28-8/16	Th, 7-9pm	South	6	\$375
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Drop-In Basketball & Volleyball

Basketball			May-July1	July-Sept.
19+	Su	8-11am	East	South
All Ages	Su	11-2pm	North	South
19+	Tu/Th	11:30-1:30pm	East	South
All Ages	Sa	12-2pm	—	South
19+	M/W/F	11:30-1:30pm	North	North
All Ages	Sa	1-5pm	North	North
All Ages	Su	12:30-3pm	North	North
All Ages	Sa/Su	1-5pm	East	East

Volleyball

19+ Women's	Sa	8-11am	North	South
19+ Coed	Su	9am-12:30pm	North	North

Visit www.BoulderParks-Rec.org for the status of the **South Boulder Recreation Center gymnasium**. The gymnasium will be closed May 1-June 30. The floor refurbishment is expected to be completed by July 1.

Spring/Summer/Fall Adult Sports Leagues

Softball, Soccer, Kickball, Dodgeball league for all levels. www.BPRsports.org

Now hiring league officials!

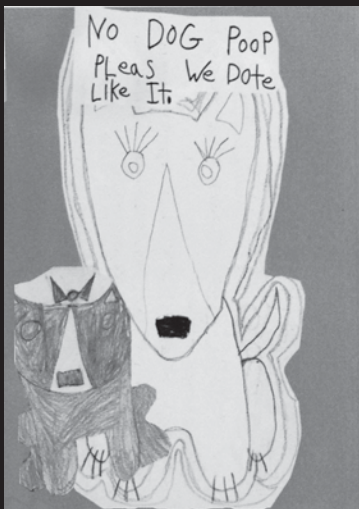
Apply online at www.bouldercolorado.gov



Help Keep our Parks Clean!

Pick up after your dog...It's the Law.

- Dog Waste spreads disease;
- Causes a Nuisance to fellow residents;
- Pollutes our Environment.
- City Ordinance Requires Cleanup (BRC 6-1-18)



Artwork provided by Whittier Elementary School

www.BoulderParks-Rec.org



5th Annual

Hook the Chinook Disc Golf Tournament

Saturday, June 30 • 8 a.m. check-in

4 rounds of 9 holes (Competitive and Rec Divisions)

Registration Code: 169432

\$25 pre-registration/\$30 Day Of Tournament (8 a.m.)

Fee includes lunch, refreshments and a disc golf disc!

Prizes for top 2 finishers in each division.

Harlow Platts Disc Golf Course
1360 Gillaspie • Boulder

Register online at www.BoulderParks-Rec.org
or call 303-413-7270

SWIMMING



Outdoor Pool Dates

Scott Carpenter: May 25 - September 3

Spruce: June 2 - September 3

Join us on May 25 for opening day at Scott Carpenter Pool. FREE admission from 1-5 pm!

Important!

Registration for swim classes closes one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date. NOTE: Make ups are not given for missed classes.

Swim Lessons Information

Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

Schedules Available Online

In an effort to conserve paper we are asking patrons to view schedules online rather than taking home paper copies. Online schedules are always the most up-to-date and reflect any changes made. www.BoulderAquatics.org

Group Reservation Policy

Groups of 10 or more must call ahead and make a group reservation. We reserve the right to refuse admission to any group without a reservation. To make reservations, please visit our website www.BoulderAquatics.org

Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Please visit our website at www.BoulderAquatics.org for scheduled classes.

Lifeguards/Swim Instructors Needed!

Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required. Apply online at www.BoulderColorado.gov. For more information contact Julie Dettbarn at dettbarnj@bouldercolorado.gov

Summer Splash Passes

Enjoy outdoor swimming at our two outdoor pools and the Boulder Reservoir with unlimited entry during the summer season.

Adult (19-59)	\$132(R)/\$150(N)
Youth (3-18)	\$88(R)/\$100(N)
Senior (60+)	\$90(R)/\$100(N)
*Family	\$264(R)/\$300(N)

**Family passes are good for 2 adults and 2 kids or 1 adult and 3 kids in the same household.*

► ADULT LESSONS No classes July 2-7

Lap Swim 101

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class meeting.

164334	6/5-7/31	Tu, 6:45-7:45pm	East	9	\$96/\$120
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► PRIVATE & *SEMI-PRIVATE SWIM LESSONS

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at www.BoulderAquatics.org. After filling out the form you will be contacted by an instructor in two to three weeks to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them.

Instructor Levels

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

30 minute lesson	Level A	Level B
1 class	\$40	\$32
3 classes	\$114	\$90
6 classes	\$216	\$174
60 minute lesson	Level A	Level B
1 class	\$62	\$47
3 classes	\$174	\$132
6 classes	\$330	\$252

*Semi-private lessons are half price for additional participants (up to 2).

**Scott Carpenter Pool - Join us on opening day
Friday, May 25! FREE admission from 1-5 p.m.**



SWIMMING

► PARENT/CHILD CLASSES No classes July 2-7

Jelly Monkey

(Ages 6 months-36 months) **Prerequisites:** Child must be at least 6 months old and no older than 36 months. Parent or guardian must accompany the child into the water and participate. **Class Focus:** Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water.

164512	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164516	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164518	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164520	6/7-8/2	Th, 5:30-6pm★	East	8	\$48/\$60
167983	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164521	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$48/\$60
164513	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164514	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164517	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164515	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

► SPECIALIZED LESSONS No classes July 2-7

Prerequisites: There are no prerequisites for specialized classes; children may only enroll in class specific to their age. **Class Focus:** Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Specialized Lessons - Age 3

164359	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164357	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
168632	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164343	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164348	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164351	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
169082	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164352	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164353	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164355	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$72/\$90
164452	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164358	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164361	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164360	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
168633	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164344	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164363	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164362	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164453	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90



Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment!

Specialized Lessons - Age 4

164508	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164506	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164354	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
169634	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$96/\$120
164482	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164388	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164510	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164386	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
164380	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164376	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164377	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164381	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$96/\$120
164446	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164449	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164509	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
168635	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$96/\$120
164447	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164450	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
167984	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164457	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164448	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164451	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

SWIMMING



Specialized Lessons - Age 5

164393	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164379	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164435	6/4-6/27	M/W, 6pm-6:30am	Spruce	8	\$96/\$120
164439	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164494	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164433	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164384	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
164378	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164382	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164387	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164383	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$96/\$120
164488	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164485	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164489	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164507	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164496	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
168637	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$96/\$120
164491	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164495	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164490	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164487	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Specialized Lessons - Age 6

164501	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164374	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$96/\$120
164389	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$96/\$120
164375	6/6-8/1	W, 6:40-7:10pm	North	8	\$96/\$120
164373	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$96/\$120
164364	6/9-8/4	Sa, 9:30-10am★	East	8	\$96/\$120
164502	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
168636	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$96/\$120
164503	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90



Build confidence in and around the water with a summer swim lesson!

► PRE SCHOOL GROUP LESSONS No classes July 2-7

Pre School 1

(Age 3-5) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

164335	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164336	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164432	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164394	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164434	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164369	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164370	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164339	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164371	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

Pre School 2

(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

164338	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164350	6/4-6/27	M/W, 7:10pm-7:40am	Spruce	8	\$48/\$60
164337	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164440	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164437	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164499	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
167985	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164438	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
167632	7/9-8/1	M/W, 7:10pm-7:40am	Spruce	8	\$48/\$60
164342	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164441	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

Pre School 3

(Age 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

164442	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
165986	6/4-6/27	M/W 7:10-7:40pm	Spruce	8	\$48/\$60
164454	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164500	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164497	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164498	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164443	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164444	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164456	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164455	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164445	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45



SWIMMING

► GROUP LESSONS AGES 6-13 No classes July 2-7

Level 1 Sea Turtle

(Ages 6-8) **Prerequisites:** There are no prerequisites for Sea Turtle Classes. **Class Focus:** Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

164529	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164534	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164532	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$48/\$60
164539	6/5-7/31	Tu, 5:30-6pm★	East	8	\$48/\$60
164536	6/6-8/1	W, 5:30-6pm	North	8	\$48/\$60
164541	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164535	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$48/\$60
164530	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164531	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
167583	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164533	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$48/\$60
164538	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

Level 2 Rays

(Ages 6-8) **Prerequisites:** Successful completion of level 1 Sea Turtle Class or child must be able to successfully perform 10 bobs, blow bubbles, and perform front and back floats with support. **Class Focus:** Level 2 continues to build on basic water skills introduced in the level 1 class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

164537	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164559	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164540	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164543	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164570	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164542	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$48/\$60
164545	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164578	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164550	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164561	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164558	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164546	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

Level 3 Swordfish

(Ages 7-13) **Prerequisites:** Successful completion of level 2 Rays Class or child must be able to successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. **Class Focus:** Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

164544	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164549	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$48/\$60

Level 3 Swordfish...continued

164547	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164562	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164553	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164551	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164552	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164571	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164572	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164555	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$48/\$60
164548	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164574	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$36/\$45

Level 4 Porpoise

(Ages 7-13) **Prerequisites:** Successful completion of Level 3 Swordfish class or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. **Class Focus:** Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

164554	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164569	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164560	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$48/\$60
164564	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164565	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164575	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$48/\$60
164556	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164557	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
167582	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164567	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$48/\$60
164563	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

Level 5 Shark

(Ages 7-13) **Prerequisites:** Successful completion of level 4 Porpoise class or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. **Class Focus:** Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

164566	6/4-6/15	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164582	6/4-6/27	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164573	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164583	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$48/\$60
164577	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164579	6/18-6/29	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164580	7/9-7/20	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164584	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164581	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164585	7/23-8/3	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

SWIMMING



► AQUATIC FITNESS CLASSES

Aquatic Fitness (Leisure)

(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun and exciting. You will be surprised how versatile and challenging a water workout can be! Don't miss out on the fun – come make a splash! Instructor: Martin Petrofes. Contact Jen Heilveil, 303-413-7474.

164527	6/1-6/27	M/W/F, 8-9am	East	12	\$78/\$96
167941	7/2-7/30	M/W/F, 8-9am	East	12	\$72/\$90
167943	8/1-8/10	M/W/F, 8-9am	East	5	\$30/\$37

Warm Water Fitness (Leisure)

(Age 18+) Try this wet and wonderful workout option! The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. We will work on cardio, muscular strengthening and flexibility in the warm (86-88). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

164524	6/5-6/28	Tu/Th, 8:45-9:30am	East	8	\$48/\$60
164525	7/3-7/31	Tu/Th, 8:45-9:30am	East	8	\$48/\$60
167935	8/2-8/9	Tu/Th, 8:45-9:30am	East	3	\$18/\$22

**Scott Carpenter Pool – Join us on opening day
Friday, May 25! FREE admission from 1-5 p.m.**

Barracudas Summer Swim Team

(Ages 5-18)

There will be a team meeting on Sunday, April 29 (time to be determined) at the North Boulder Recreation Center. This meeting is to notify parents/participants of exact practice times, meet schedules and other information. Visit www.BoulderBarracudas.org for more details.

Pre-season practice:

5/21-6/3	M-F, 3:30-5:30pm	South	Included
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Regular season:

162482	6/4-7/27	M-F, 7:30-10:30am	Spruce	\$200/\$250
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Barracudas Pre -Team

Pre-team is for kids ages 5-9. Participants must be able to swim 25 yds continuously unassisted. Pre-team does not swim 5/21-6/3 and does not compete in meets. Pre-team ends 7/13.

164332	6/4-7/13	M-F, 10:30-11am	Spruce	\$100/\$125
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► DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule (inside back cover). Like other drop-in fitness classes they are included with the price of admission to the recreation center. All pass or drop-in fee information can be found on page 6 or online at www.BoulderAquatics.org.

Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact).

T/Th, 5:45-6:45 pm	North
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Water Fitness for All

Get fit, increase energy and improve body tone in a adjustable intensity class using water resistance for minimal stress on the body and joints. Individual attention to needs and goals will be given. Intervals are used regularly in this class.

M/W/F, 9-10am★	North
M/W/F, 9-10am	East
Tu/Th, 8-9am	North

Hydro Dynamics

A med-high intensity class, where you get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, fat burning. The water environment provides great resistance and a low-impact workout.

Tu/Th, 12:30-1:30pm	South
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Pre-Natal

An adjustable intensity aquatic fitness class designed for expectant and new mothers. Enjoy a fun workout in the water while increasing your cardiovascular resistance as well as toning, conditioning and strengthening muscles used during pregnancy, birth and recovery.

M, 7-8pm	North
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TENNIS



Enjoy the new surface and lights at the East Boulder Community Center!

► TENNIS COURT LOCATIONS

Arapahoe Ridge, Eisenhower Drive - 2 courts
 Baseline Middle, 700 20th Street - 2 courts
 Centennial Middle, 2205 Norwood - 8 courts
 Chautauqua Park, Ninth & Baseline - 1 court
 Columbine, 20th & Glenwood - 2 courts
 East Center, 5660 Sioux Drive, - 5 courts* (lights)
 Fairview High, Greenbriar & Knox - 8 courts
 Knollwood, Fourth & Spruce - 2 courts
 Manhattan Middle, 290 Manhattan - 4 courts
 Martin Park, 36th & Dartmouth - 2 courts
 North Center, 3170 Broadway - 4 courts* (lights)
 Palo Park, N. 30th & Redwood - 2 courts
 South Center, 1360 Gillaspie - 4 courts
 Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

To reserve a Rec Center court and lights, please contact:
 East 303-413-7460 | North 303-413-7260 | South 303-441-3448

Rec Center courts can be reserved for \$6.75/court for 1.5 hours.
 To reserve all other courts, please contact Derrick Tripp, 303-441-4137.

*Enjoy our new lights at EBCC and NBRC.
 Light fees: \$1 per 30 minutes per court. Purchase tokens at front desk.

Adult Tennis Punch Cards

(Ages 16+) Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult tennis classes only. Drop into any adult class that is not full. Email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	\$20
3 punches	\$57
6 punches	\$108

Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	\$12
3 punches	\$34
6 punches	\$65

Private Tennis Lessons

Youth and adult private lessons outside are available (weather permitting). Gonzo tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson at www.bprtennis.org. This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration.

For more information contact Gonzo Garcia at 720-480-0249 or gonzo@gonzotennis.com

Private Lesson:	With Gonzo:	Staff Instructors:
1 class	\$70	\$48
3 classes	\$200	\$137
6 classes	\$378	\$260
Group Semi-Private:		
2 people	\$90	\$68
3 people	\$110	\$88

TENNIS



► GONZO TENNIS

Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.



Gonzo Tennis and the city of Boulder believe tennis is a significant part of life that further defines who we are as human beings. We have a devotion to fostering the development of players of all ages, and giving them the opportunity to discover even more about this truly international sport.

Questions: Gonzo Garcia at www.GonzoTennis.com

Court Reservations & Smash Tennis Team: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Program information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

Weather line: 303-441-3410, press 1 then 5.

► GONZO TENNIS - ADULTS

(Ages 16+) These clinics will introduce all the basic tennis strokes to beginners, and improve skills for intermediate players. Then games will be introduced to work on the skills you are developing. Different games will be used for different levels. These games will improve your stroke technique and consistency.

For inclement weather and cancellation information, call 303-441-3410.

Beginner (2.5-3.0)

Session 1

165244	6/4-6/25	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo
165232	6/4-6/27	M/W, 8-9:30am	East	8	\$120/\$150	TBA
165234	6/5-6/26	Tu, 6-7:30pm	East	4	\$60/\$75	TBA
165282	6/7-6/28	Th, 6-7:30pm	East	4	\$60/\$75	TBA

Session 2

165246	7/9-7/30	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo
165233	7/9-8/1	M/W, 8-9:30am	East	8	\$120/\$150	TBA
165235	7/10-7/31	Tu, 6-7:30pm	East	4	\$60/\$75	TBA
165332	7/12-8/2	Th, 6-7:30pm	East	4	\$60/\$75	TBA

Intermediate (3.5)

Session 1

165245	6/4-6/25	M, 10:30am-12pm	Centennial M.S.	4	\$84/\$105	Gonzo
165236	6/4-6/27	M/W, 9:30-11am	East	8	\$120/\$150	TBA
165238	6/4-6/25	M, 6-7:30pm	East	4	\$60/\$75	TBA
165239	6/6-6/27	W, 6-7:30pm	East	4	\$60/\$75	TBA
165240	6/8-6/29	F, 6-7:30pm	East	4	\$60/\$75	TBA

Session 2

165247	7/9-7/30	M, 10:30am-12pm	Centennial M.S.	4	\$84/\$105	Gonzo
165237	7/9-8/1	M/W, 9:30-11am	East	8	\$120/\$150	TBA
165241	7/9-7/30	M, 6-7:30pm	East	4	\$60/\$75	TBA
165242	7/11-8/1	W, 6-7:30pm	East	4	\$60/\$75	TBA
165243	7/13-8/3	F, 6-7:30pm	East	4	\$60/\$75	TBA

Adult Open Tennis

(Ages 16+) Just show up and play! A good workout in the middle of the day.

punch card	4/7-4/19	Sa, 1-2:30pm	East
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► GONZO TENNIS - JUNIORS

(Ages 11-15) The Junior program is divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help the students understand the aspects of the game. It's all about Tennis, come play with Gonzo!

Must get approved by Gonzo to register for intermediate and advanced courses. www.gonzotennis.com. Information, Dean at 303-441-4427 or rummeld@bouldercolorado.gov.

For inclement weather and cancellation information, call 303-441-3410.

Beginner

Session 1

165382	6/3-6/24	Su, 3-4pm	East	4	\$40/\$50
165383	6/5-6/26	Tu, 4-5pm	East	4	\$40/\$50
165384	6/6-6/27	W, 4-5pm	East	4	\$40/\$50
165385	6/7-6/28	Th, 4-5pm	East	4	\$40/\$50

Session 2

165390	7/8-7/29	Su, 3-4pm	East	4	\$40/\$50
165391	7/10-7/31	Tu, 4-5pm	East	4	\$40/\$50
165392	7/11-8/1	W, 4-5pm	East	4	\$40/\$50
165393	7/12-8/2	Th, 4-5pm	East	4	\$40/\$50

Intermediate

Session 1

165386	6/3-6/24	Su, 4-5pm	East	4	\$40/\$50
165387	6/5-6/26	Tu, 5-6pm	East	4	\$40/\$50
165388	6/6-6/27	W, 5-6pm	East	4	\$40/\$50
165389	6/7-6/28	Th, 5-6pm	East	4	\$40/\$50

Session 2

165394	7/8-7/29	Su, 4-5pm	East	4	\$40/\$50
165395	7/10-7/31	Tu, 5-6pm	East	4	\$40/\$50
165396	7/11-8/1	W, 5-6pm	East	4	\$40/\$50
165397	7/12-8/2	Th, 5-6pm	East	4	\$40/\$50

Summer Clinics with Gonzo

(Ages 5-15) A good combination of exercises, games, other sports, and activities on the court to help students improve their tennis game in a fun & safe environment.

159033	5/29-31	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159034	6/5-6/7	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159035	6/12-6/14	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159036	6/19-6/21	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159037	6/26-6/28	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159038	7/10-7/12	Tu/W/Th, 9-12pm	East	3	\$99/\$124
161432	7/17-7/19	Tu/W/Th, 9-12pm	East	4	\$99/\$125
159039	7/24-7/26	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159040	7/31-8/2	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159041	8/7-8/9	Tu/W/Th, 9-12pm	East	3	\$99/\$124



TENNIS



► GONZO TENNIS - MINI/TINY/MIGHTY

(Ages 3-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills, enjoying the game of tennis and creating self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com

For inclement weather and cancellation information, call 303-441-3410.

Mini Gonzos (Ages 3-4)

Session 1

165432	6/3-6/24	Su, 9-9:30am	East	4	\$30/\$38
165433	6/4-6/25	M, 3:45-4:15pm	East	4	\$30/\$38
165434	6/5-6/26	Tu, 3:45-4:15pm	East	4	\$30/\$38
165435	6/6-6/27	W, 3:45-4:15pm	East	4	\$30/\$38
165436	6/7-6/28	Th, 3:45-4:15pm	East	4	\$30/\$38
165437	6/8-6/29	F, 3:45-4:15pm	East	4	\$30/\$38
165438	6/9-6/30	Sa, 9-9:30am	East	4	\$30/\$38

Session 2

165456	7/8-7/29	Su, 9-9:30am	East	4	\$30/\$38
165457	7/9-7/30	M, 3:45-4:15pm	East	4	\$30/\$38
165475	7/10-7/31	Tu, 3:45-4:15pm	East	4	\$30/\$38
165476	7/11-8/1	W, 3:45-4:15pm	East	4	\$30/\$38
165477	7/12-8/2	Th, 3:45-4:15pm	East	4	\$30/\$38
165478	7/13-8/3	F, 3:45-4:15pm	East	4	\$30/\$38
165479	7/14-8/4	Sa, 9-9:30am	East	4	\$30/\$38

Tiny Gonzos (Ages 5-7)

Session 1

165439	6/3-6/24	Su, 9:30-10:15am	East	4	\$34/\$43
165440	6/4-6/25	M, 4:15-5pm	East	4	\$34/\$43
165441	6/5-6/26	Tu, 4:15-5pm	East	4	\$34/\$43
165442	6/6-6/27	W, 4:15-5pm	East	4	\$34/\$43
165443	6/7-6/28	Th, 4:15-5pm	East	4	\$34/\$43
165444	6/8-6/29	F, 4:15-5pm	East	4	\$34/\$43
165445	6/9-6/30	Sa, 9:30-10:15am	East	4	\$34/\$43

Session 2

165480	7/8-7/29	Su, 9:30-10:15am	East	4	\$34/\$43
165481	7/9-7/30	M, 4:15-5pm	East	4	\$34/\$43
165482	7/10-7/31	Tu, 4:15-5pm	East	4	\$34/\$43
165483	7/11-8/1	W, 4:15-5pm	East	4	\$34/\$43
165484	7/12-8/2	Th, 4:15-5pm	East	4	\$34/\$43
165485	7/13-8/3	F, 4:15-5pm	East	4	\$34/\$43
165486	7/14-8/4	Sa, 9:30-10:15am	East	4	\$34/\$43

Mighty Gonzos (Ages 8-10)

Session 1

165446	6/3-6/24	Su, 10:15-11:15am	East	4	\$40/\$50
165447	6/4-6/25	M, 5-6pm	East	4	\$40/\$50
165448	6/5-6/26	Tu, 5-6pm	East	4	\$40/\$50
165449	6/6-6/27	W, 5-6pm	East	4	\$40/\$50
165450	6/7-6/28	Th, 5-6pm	East	4	\$40/\$50
165451	6/8-6/29	F, 5-6pm	East	4	\$40/\$50
165452	6/9-6/30	Sa, 10:15-11:15am	East	4	\$40/\$50

Session 2

165487	7/8-7/29	Su, 10:15-11:15am	East	4	\$40/\$50
165488	7/9-7/30	M, 5-6pm	East	4	\$40/\$50
165489	7/10-7/31	Tu, 5-6pm	East	4	\$40/\$50
165490	7/11-8/1	W, 5-6pm	East	4	\$40/\$50
165491	7/12-8/2	Th, 5-6pm	East	4	\$40/\$50
165492	7/13-8/3	F, 5-6pm	East	4	\$40/\$50
165493	7/14-8/4	Sa, 10:15-11:15am	East	4	\$40/\$50

Boulder Smash

(Ages 8-17) Building your game while building a team. Be a part of a great team (with 20 state champions) representing the city of Boulder. Coached by Gonzo and his staff!



Summer Competition

During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the seasons CARA and USTA both hold state tournaments for the participants.

USTA

159088	5/29-7/17	Tu, 1-3pm	Centennial M.S.	8	\$195/\$244
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CARA

159087	5/31-7/19	Th, 1-3pm	Centennial M.S.	8	\$160/\$200
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Both USTA & CARA

159089	5/29-7/19	Tu/Th, 1-3pm	Centennial M.S.	8	\$320/\$400
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More information at www.GonzoTennis.com

Fall Ladder of Champions

This fun and exciting program will allow competition for all levels. Players will be given rankings, but can move up the "ladder" by challenging others. Whatever your level, there are tennis matches waiting for you!



VALMONT BIKE PARK



Whether you seek skill development, improvement or competitive training, you'll find it in our biking programs.



Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

Avid4 Adventure staff are the most incredible individuals that you can have the pleasure to meet. Besides being thoroughly background-checked and referenced, CPR & 1st Aid certified, and trained and skilled in biking, Avid4 Adventure staff are caring, compassionate educators that are motivated to inspire your children. Their patience and devotion to your child will create smiles, laughter, skills, and memories that will last a lifetime.

In 2012, Avid4 Adventure is proud to be an approved Valmont Bike Park adventure provider for the City of Boulder and will provide top-quality instructional programming at the world-class Valmont Bike Park.

To Register: www.avid4.com/VBP

Questions & Information: Avid4 Adventure, VBP@Avid4.com or call 720-249-2412 x 1 or City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Skills Camp

(Ages 7-17) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 6 or less; must be able to ride 2-wheeler
- Early drop off is available.
- 1-time per year \$25 registration fee
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

* 5/28-8/17 M-F, 8:45am-2:30pm VBP \$395 per week

* Register online at www.avid4.com/VBP

Private or Group Lessons - Youth & Teens

(Ages 4-17) Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

- No more than 5 people per private class.
- Bikes/Protective Gear (required) can be rented for \$20/\$10 per 3-hour class.

Individual (3 hour classes)

1 Private Lesson \$150
3 Private Lessons \$420
6 Private Lessons \$780

Group (3 hour classes)

2 people \$200
3 people \$250
4 people \$300
5 people \$350

* Register online at www.avid4.com/VBP

After-School Biking Programs

(Ages 7-17) Fun and safety-focused Valmont Bike Park After-school Program offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the 5 sessions participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 6 or less; must be able to ride 2-wheeler
- Special Park Bikes can be rented for \$50; Protective Gear (required) can also be rented for \$15 for the 5 sessions.

*	8/20-9/17	M, 3:45am-6:15pm	VBP	5	\$195
*	8/21-9/18	Tu, 3:45am-6:15pm	VBP	5	\$195
*	9/24-10/22	M, 3:45am-6:15pm	VBP	5	\$195
*	9/25-10/23	Tu, 3:45am-6:15pm	VBP	5	\$195

* Register online at www.avid4.com/VBP

Valmont Bike Park Birthday Parties!

This fun and safety focused free-ride mountain biking birthday party offers kids and teens the opportunity to ride varied terrain with high-quality instruction.

Register online at www.avid4.com/VBP



Photo by Marty Caivano: www.leelikesbikes.com

Lee McCormack of www.leelikesbikes.com is widely considered one of the world's top bicycle skills instructors. He uses his sequential teaching curriculum to help riders of all styles and levels — BMX, mountain and road; beginners to pros — ride better, safer and faster.

A passionate rider and journalist for more than 20 years, Lee wrote and illustrated the books *Mastering Mountain Bike Skills*, *Pro BMX Skills* and *Teaching Mountain Bike Skills*. He was also a member of the team that won the 1998 Pulitzer Prize for public service.

As the skills development director for the National Interscholastic Cycling Association, Lee establishes and teaches the curriculum used to train high school mountain bike coaches and their riders. With his rider training, coach training, books and website, Lee has helped tens of thousands of riders have more fun on their bikes.

In 2012, Lee is proud to join the City of Boulder to provide world-class skills instruction at the world-class Valmont Bike Park.

Mountain Bike Mastery with Lee McCormack

(Age 18+) Mountain Bike Mastery with Lee McCormack is the A-1 most proven and cost-effective way for adults to become safer, smoother and faster riders. No matter what style of riding you love, or what level you ride at, you will finish Lee's program with a solid foundation, a renewed passion and a whole new level of flow. Attendees will go through a sequential progression that includes position, braking, cornering, riding up and down obstacles and pumping terrain. From that foundation, it's a series of simple steps to more advanced skills. You have tons of fun riding — and learning on — the awesome terrain of Valmont Bike Park.

- Maximum six riders per session. Minimum four riders per session.
- Saturday mornings and Wednesday afternoons in Spring and Summer.
- Full schedule at www.leelikesbikes.com > Skills Clinics
- Sessions run 9am to noon or 4-7pm/\$90 per session

For more information go to www.leelikesbikes.com or contact lee@leelikesbikes.com

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with Lee by yourself or with a small group is the best way to become a safer, more confident, faster and more capable rider. Whether you want to fly through the air, win races or just have more fun, Lee's sequential progression will give you a solid foundation and help you reach all of your cycling goals. Lee's private sessions are favorites among beginners and pros alike. Expect to learn position, braking, cornering, riding up and down obstacles and pumping terrain. Where Lee takes you from there is up to you. Valmont Bike Park is the greatest place on Earth to do this!

One three-hour session will give you a great foundation for any kind of riding. Two three-hour sessions gives you a chance to learn the essentials more deeply and explore more advanced skills like dropping, jumping and technical trail riding.

- Minimum one rider per session. Maximum six riders per session.
- \$325 for one three-hour session, \$600 for two three-hour sessions.

To learn more and to register, go to www.leelikesbikes.com or email lee@leelikesbikes.com

VALMONT BIKE PARK

Valmont Bike Park is a 40-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is **FREE** and open daily from dawn to dusk.

Enjoy the park and ride responsibly. To find out more about the park, reservations, group permits or to volunteer visit us online.

You can stay up-to-date on park closures and trail conditions on the Valmont Bike Park website at www.ValmontBikePark.org or the Facebook page at www.facebook.com/ValmontBikePark

B First to know.

North Boulder Rec Center is getting a B-cycle station this spring!

Ride from work to work-out - burn more calories, enjoy the fresh air and arrive warmed up.

Boulder B-cycle, our community's nonprofit bike-share program, will be adding a station at the North Boulder Recreation Center soon. Use pedal-power to get to and from the Rec Center, extend your workout, skip parking hassles and reduce carbon and traffic.

To join Boulder B-cycle, visit www.boulderbicycle.com or for more information: www.BoulderParks-Rec.org

BOULDER **B** cycle



Recreation Center Closures

5/28 Memorial Day	NBRC open 1:30-6:30pm EBCC & SBRC Closed
7/4 4th of July	North & South closed East open 8am-1:30pm
5/29-6/3	North closed for annual maintenance
5/1-6/30	Gymnasium/racquetball court will be closed at South.
8/11-8/19	East closed for annual maintenance

Annual Pass Terms & Benefits

- 1) First adult family member of the house hold (19-59) pays full price; additional family members pay half price.
- 2) Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) Discounts at participating merchants. (pg. 4)
- 6) 10% savings on one class per session (as available one week before class begins), must register in person.

Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.

\$70 for 5 classes

Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

Nothing Cancels a Program

Faster... than people waiting until the last minute to register for it! All programs have a minimum enrollment – and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members! For information call 303-413-7259 or visit www.BoulderParks-Rec.org.

Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

In an Emergency- What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website (www.bouldercolorado.gov) and be added to the city's emergency information phone line at 303-441-4300 as soon as possible. If you have any questions about the Department's emergency plans, please call 303-413-7200.

Photographs and Model Release

By entering Boulder Parks and Recreation facilities or participating in our programs, you agree that photographs, digital images or video of you and your family-members may be created and used for future promotional or marketing material by the City of Boulder without prior consent or monetary compensation. Photography/videography of facility users or program participants by unauthorized individuals is prohibited. Thank you for your cooperation.

Access for All

Boulder Parks and Recreation is committed to supporting and complying with the Americans with Disabilities Act. If you require a special accommodation, please notify us at least two weeks in advance of an activity or class. For more information, contact Colleen Fitzgerald at 303-413-7216.

We welcome all residents regardless of race, color, disability, national origin, gender, age, sexual orientation or religion to enjoy our programs, services and facilities.

Children Under 10

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

Volunteer

& Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND - programs for people with disabilities
- Youth Services
- Child Care
- Sports (coaching)
- Youth Services
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: 303-413-7245
BoulderParks-Rec.org



Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a nonprofit organization that supports and advocates for parks and recreation programs and services in the Boulder area. We provide opportunities for individuals and organizations to donate to parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these programs, facilities and open spaces - and, in turn, help build a stronger community.

Visit us at www.playboulder.org, email us at info@playboulder.org or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at www.BoulderParks-Rec.org.



STAFF LIST / REGISTRATION

Parks & Recreation Staff Phone Numbers

email addresses are lastnamefirst initial of first name@bouldercolorado.gov. e.g. Michael Smith is smithm@bouldercolorado.gov

Kirk Kincannon, Director303-413-7200

Alice Guthrie
Recreation Superintendent.....303-413-7211

Jeff Dillon
Parks & Planning Superintendent..303-413-7215

ACCESS & INCLUSION (EXPAND & YSI)
Colleen Fitzgerald, Administrator..303-413-7216

BOULDER RESERVOIR
Stacy Cole, Reservoir Manager.....303-441-3461

COMMUNITY OUTREACH
Internships Coordinator303-413-7262

Mary Malley
Coordinator of Volunteer Services..303-413-7245

Christy Munoz
Group Discount Program303-413-7259
Community Partners Program.....303-413-7259

FLATIRONS GOLF COURSE
Doug Cook, Director of Golf.....303-442-7851

PROGRAMS
Teri Olander, Administrator303-441-3429

SPORTS
Dean Rummel, Supervisor.....303-441-4427
Program Information303-441-3410
Derrick Tripp303-441-4137
Lenore Knox303-441-3416

POTTERY LAB
Nancy Utterback, Coordinator.....303-441-3446

DANCE
Cynthia Burdine, Coordinator303-413-7473
Kirsten Leslie, Coordinator303-413-7477

HEALTH & WELLNESS
Summer Kennedy, Supervisor.....303-413-7264

Content VonRoenn
Weights & Fitness303-413-7280
Kathleen Murphy, Mind/Body303-413-7466

GYMNASTICS
Ron Crescentini, Supervisor303-413-7265

REC CENTERS/AQUATICS/RESERVOIR
Steve Whipple, Administrator303-413-7262
Phil Henry, Aquatics Maintenance..303-413-7478
Julie Dettbarn, Pool Operations303-413-7468
Jackie Koehn, Swim lessons.....303-413-7267
Kim Lidkea, Supervisor EBCC303-413-7463
Alison Rhodes, Supervisor NBRC.303-413-7263
Todd Calvin, Supervisor SBRC303-441-3449

Online Registration

It's quick, convenient and easy!
Register online from the convenience of your own home or office 24 hours a day, 7 days a week! You can now create (or update) your family account information online.

- Create your account or have your account information available.

Forgot your barcode or pin? Call the registration help line at 303-413-7270, M-F 9am-5pm.

- Registration begins at 8:30 am Tuesday, May 1.

- Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.

- Payment must be made at the time of the registration for it to be complete. (Visa or Mastercard)



- If you have a discount or questions, please call the registration help line at 303-413-7270.

Easy Ways To Register!



ONLINE REGISTRATION

- ▶ www.BoulderParks-Rec.org
- ▶ Click on Register Online

Online registration provides immediate enrollment confirmation. For classes that fill quickly we recommend registering online.



DROP OFF/ MAIL IN

- ▶ Fill out form on pg. 51
- ▶ Mail to: Recreation Registration c/o EBCC, 5660 Sioux Dr., Boulder, CO 80303
- ▶ Drop off at any City Recreation Center



Make checks payable to City of Boulder Parks & Recreation. Registration forms will be processed as staff are able to do so. For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks available at all facilities.

Para mayor información o ayuda en Español, o si usted necesita alguna parte de este documento traducida, por favor comuníquese al 303-441-1905.

Acknowledgment of Risk / Waiver of Liability

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in or spectating at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical

health history and/or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.

REGISTRATION - POLICIES & REGISTRATION FORM



Transfer Policy

Fee

- Same day of registration \$0
- Before 2nd class meeting, if space is available \$5

Program Refund Policy

Fee

- Courses**
- Before 2nd class \$15
 - After 2nd class No Refund
- 1 Meeting Programs**
- One week prior to start date No Refund
- 2 Meeting Programs**
- Before 1st Meeting \$15
 - After 1st Meeting 50%
 - After 2nd Meeting No Refund
- Camps**
- Monday two weeks prior to start of camp No Refund
 - More than two weeks prior to start date \$15
- Leagues**
- Before league registration deadline \$15
 - After league registration deadline No Refund

Pass Refund Policy

Fee

Annual Pass

- Cancellation Fee \$25

Monthly Annual Pass

- Payments stopped upon request, no prorated refunds

Punch Cards & Twilight Pass

- Cancellation Fee \$15

1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.

2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims.

3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund.

4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.

5. For monthly billing option, see contract for refund policy.

Important

- No registration accepted by instructor.
- \$25 will be charged for returned checks.
- Wait lists are taken for filled classes. We will call you if a spot opens.
- Payment is due at time of registration.

REGISTRATION FORM -

Drop-off forms at any Boulder Recreation Center; or mail to EBCC - Recreation Registration, 5660 Sioux Dr., Boulder, CO 80303; or register online at www.BoulderParks-Rec.org

Payer/Parent Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email Address: _____

Contact Person: _____

☐ New address, phone or email?

☐ Check here if you have a disability and require an accomodation.
Please allow two weeks.

☐ I have read the Refund and Transfer Policy (above)

Payment Information:

☐ Check or money order payable to: City of Boulder

☐ Visa ☐ Mastercard

Card No. _____ Exp. _____

Signature _____

☐ I'm interested in volunteering, please contact me.



Participant Name	Date of Birth	M/F	Course Code	2nd Choice (Code)	Course Name	Location	Date	Day	Time	Fee

Kids to Parks Day



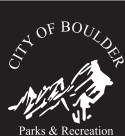
Sat. May 19 • 12-4 p.m.
East Boulder Community Center

Join Boulder Parks & Rec for various afternoon activities as we empower kids to discover and enjoy parks in their community. Our goal is to inspire healthy outdoor recreation and to cultivate our future park stewards.

Tennis • Family Yoga • Kids Bootcamp • Heartsmart Safety • Nutrition Information + more!

More details at: www.BoulderParks-Rec.org

Also checkout Open Space & Mountain Parks for activities: www.NatureHikes.org



Birthday Parties!

Call today and reserve the date for your child's next birthday party!



Swimming Parties

- North - 303-413-7218
- East - 303-441-4400

Climbing Wall

- East - 303-441-4400

Valmont Bike Park

- www.avid4.com/VBP

Gymnastics

- North - 303-413-7218

Pottery

- Pottery - 303-441-3446

www.BoulderParks-Rec.org



Summer Concert Series

FREE!

Boulder Concert Band • 7-8 p.m.

All concerts are held on Monday evenings from 7-8 p.m. Bring a picnic dinner and enjoy our parks with your family! Rainout date is the Tuesday following each scheduled performance, same time. (Please - no glass in parks.)

<u>Concert Date</u>	<u>Location</u>
June 11	Bandshell • Canyon Blvd. & Broadway
June 18	Keewaydin park • Manhattan & Sioux Dr.
June 25	Library Lawn • Broadway & Canyon
July 2	Harlow Platts Park • 1360 Gillaspie
July 9	Salberg park • 19th St. & Elder Ave.
July 16	Scott Carpenter Park • 1505 30th St.
July 23	North Boulder Park • 9th & Dellwood
July 30	Chautauqua Park • 900 Baseline Rd.

First Friday Outdoor Concerts • 6:30-7:30 p.m.

Brought to you by the Library and Arts Department, in conjunction with the Parks and Recreation. Bring your dinner, a chair, friends and family, and enjoy the free concert! Extensive **FREE** parking is located at the 11th & Arapahoe entrance.

<u>Concert Date</u>	<u>Band</u>	<u>Location</u>
Friday, June 1	Elevation Swing Orchestra www.elevationswingorchestra.com	Canyon Plaza
Friday, July 6	Kutandara Marimba! www.kutandara.com	Canyon Plaza
<u>Special Performance</u> Sunday, August 5 1 & 3 p.m.	Gustafer Yellowgold www.gustaferyellowgold.com	Canyon Theater

boulderlibrary.org

www.BoulderParks-Rec.org

www.BoulderLibrary.org

Unlimited entry during the summer season to
two outdoor pools & the Boulder Reservoir

Splash Pass

Pass Fees

Adult \$132(R) / \$150(N)
Youth \$88(R) / \$100(N)
Senior \$90(R) / \$100(N)
Family \$264(R) / \$300(N)

Daily Entry Fee

Pool & Reservoir
Adult \$6.25
Youth \$3.75
Senior \$4.25

The Splash Pass is valid at the
following locations:

- Scott Carpenter Pool,
1505 30th St., 303-441-3427
- Spruce Pool, 2102 Spruce
303-441-3426
- Reservoir, 5565 N. 51st St.
303-441-3461

www.BoulderAquatics.org



Healthy Parks = Healthy People

**Boulder Parks are healthy places for
you to enjoy!**

Each spring, you will see dandelions in your parks. This is a sign that we have eliminated the use of synthetic chemicals that are typically sprayed to control weeds - so our parks are healthier places to play.

For more information on the environmental
work that Parks and Recreation is doing, visit:
www.BoulderParks-Rec.org





BOULDER'S BEST FITNESS VALUE.

Want to get fit while enjoying the flexibility and variety of daily, drop-in programs? Let us meet your fitness mood, schedule and budget with our conveniently located and scheduled programs. No advance registration is necessary. Your recreation center annual or punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment – and more!

Our drop-in schedule has a whole new look! Check out our new class descriptions online!

GET FIT, HAVE FUN AND ENJOY!



Metabolic Resistance Training

MRT is a high intensity class aimed at burning tons of calories in less time. Via high intensity interval training your instructor will have you burning fat and building lean muscle which translates to a fit and trim you. These total body workouts will help you sculpt your body lean and give you the energy to tackle anything life throws at you!

T/Th > 7-7:45 p.m. > North **N**

Carve Work all major muscle groups using hand weights, resistance bands, balls and your own weight. Stick with this class to create a sleek physique!
M/W > 5-6 p.m. > East **E**
T/ TH > 8:50-9:50 a.m. > South **S**
M/W > 12-1 p.m. > North **N**
+ More!

Prime Time

One hour, multiple formats, exceptional results! This class is designed to get you in PRIME Condition. Your instructor will use one of 3 formats to engage and empower you to be at your best. Sport Conditioning, Metabolic Resistance Training and Hard Core are all on the menu, you just won't know what's being served until you dig in! Step into the limelight with PrimeTime!

M/W > 5:30-6:30 p.m. > North **N**

Zumba!

(moderate)
This Latin-style fitness class gives you a cardiovascular workout while moving to salsa, merengue and samba dance moves.

Th > 7:35-8:35 a.m. > East **E**

SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448



Fitness

Ski & Sport Cond. - June @ East	Mod/High	M/W/F	12-1pm
Ski & Sport Cond. - July/August		M/W/F	12-1pm
Carve - July/August	Mod/High	T/Th	8:50-9:50am
Aquatic Fitness	Mod	T/Th	12:30-1:30pm

Mind/Body

Nia		M	10:45-11:45am
Yoga		M	12-1pm
Yoga		Tu	12-1pm
Yoga		W	5:30-6:30pm
Yoga		Th	12-1pm
Nia		Sa	8:10-9:10am

Volleyball

19+ Women's (July)		Sa	8-11am
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Basketball

19+ (beginning in July)		Su	8-11am
All Ages (beginning in July)		Su	11-2pm
19+ (beginning in July)		Tu/Th	11:30-1:30pm
All Ages (beginning in July)		Sa	12-2pm

Drop-In Schedule

NORTH RECREATION CENTER

3170 Broadway 303-413-7260



Fitness

Carve	Moderate/High	M/W	7:15-8:15am
Fitness for Life	Moderate	M/W/F	7:30-8:30am
Aquatic Fitness	Moderate	M/W/F	9-10am
Fitness for Life	Moderate	M/W/F	10:30-11:30am
Carve	Moderate/High	M/W	12-1pm
Prime Time	Low/Moderate	M/W	5:30-6:30pm
Zumba New!	Moderate	M	9:30-10:30am
Pre/Post Natal Aqua Fit	All Levels	M	7-8pm
Aquatic Fitness	High	T/Th	8-9am
MRT - Metabolic Resistance Training	All Levels	T/Th	8:30-9:15
Cutting Edge Cardio	High	T/Th	12-1pm
Aquatic Zumba	Moderate	T/Th	5:30-6:30pm
MRT - Metabolic Resistance Training	All Levels	T/Th	7-7:45pm
Strength & Stretch	Moderate/High	F	7:15-8:15am
Hard Core	Moderate	F	12-1pm

Mind/Body

Ayre Dance	Mon	8:20 - 9:20 am
Yoga ★	Mon	11:15 - 12:15 pm
Yoga ★	Mon	12:30 - 1:30 pm
Restorative Yoga & Prana	Mon	5:15 - 6:30 pm
Nia	Mon	5:30 - 6:30 pm
Yoga	Tue	8 - 9 am
Ayre Dance ★	Tue	9 - 10 am
Pilates/Yoga Combo ★	Tue	11:45 - 12:45 pm
Ayre Dance	Wed	8:20 - 9:20 am
Yoga ★	Wed	9 - 10 am
Yoga ★	Wed	12 - 1 pm
Nia	Wed	5:30 - 6:30 pm
Nia ★	Thu	10:45 - 11:45 am
Yoga ★	Thu	12 - 1 pm
Pilates Mat	Thu	4:15 - 5:15 pm
Ayre Dance	Thu	5:30 - 6:30 pm
Yoga ★	Fri	8:45 - 9:45 am
Pre-Post Natal Yoga ★	Fri	10:30 - 11:45 am
Ayre Dance ★	Fri	10:45 - 11:45 am
Yoga ★	Fri	12:15 - 1:15 pm
Ayre Dance	Sat	10:15 - 11:15 am
Yoga	Sat	11:30-12:30 pm
Yoga	Sun	9 - 10 am
Nia	Sun	12 - 1 pm

Volleyball

19+ Women's (May-June, during South closure)	Sa	8-11 am
19+ Coed	Su	9am-12:30pm

Basketball

19+	M/W/F	11:30-1:30pm
All Ages	Sa	1-5pm
All Ages (May-June, during South closure)	Su	12:30-3pm

All drop-in classes are **FREE** with daily center entry (use your pass or \$7 daily fee)

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400



Fitness

Boulder Lift	All Levels	M/W/F	9-10am
Aquatic Fitness	Low/Moderate	M/W/F	9-10am
Carve	Moderate	M/W	5-6pm
Ski & Sport Cond.	High	M/W	5:35-6:35pm
Hard Core	Moderate	W	7:30-8:30am
Zumba	Moderate	W	6:15-7:15pm
Hard Core	Moderate/High	F	5-6pm
Carve	Moderate	T/Th	6:30-7:30am
MRT - Metabolic Resistance Training	All Levels	T/Th	6:15-7:00am
Cutting Edge Cardio	Moderate/High	T/Th	8:45-10am
Fitness For Life	High	T/Th	1:30-2:30pm
MRT - Metabolic Resistance Training	All Levels	T/Th	6:45-7:30pm
Zumba	Moderate	Th	7:35-8:35am
Pure Step	Moderate/High	Sat	7:45-8:45am
Carve	Moderate/High	Sat	8-9am
Carve	Moderate/High	Sat	9-10am
Boulder Lift	All Levels	Sun	9-10am

Mind/Body

Nia	Mon	7:30-8:30 am
Yin Yoga	Mon	12-1 pm
Pre-Post Natal Yoga ★	Mon	5-6:15 pm
Nia ★	Mon	6:15-7:15 pm
Nia	Tue	12-1 pm
Pilates/Yoga Combo	Wed	12-1 pm
Yoga ★	Wed	5:20-6:20 pm
Nia	Thu	12-1 pm
Nia ★	Thu	4:15-5:15 pm
Nia	Fri	7:30-8:30 am
Nia	Fri	10:45-11:45 am
Yoga	Fri	12-1 pm
Nia ★	Sat	10:30-11:30 am
Nia	Sun	10:30-11:30 am
Yoga	Sun	11:45-12:45 pm

Basketball

All Ages	Sa/Su	1-5pm
19+ (May-June, during South closure)	Su	8-11am
19+ (May-June, during South closure)	Tu/Th	11:30-1:30pm

Registration
begins
May 1

Online, Mail and Drop Off Registration begins 8:30 am on Tuesday, May 1



10th Annual

Community Cleanup Day

Help us clean up Boulder by removing trash and recyclables, planting trees and pulling weeds from parks and greenways. You pick the location and on-site project leaders will provide direction and supplies.

Saturday, May 19
8:30 – 11:30 a.m.

& Ice cream social from 11:30 a.m.-12:30 p.m.

You can register as an individual or group. **Register online or by phone by May 16.** Visit us online or call 303-413-7245 for more information.

www.BoulderParks-Rec.org



Scott Carpenter Pool FREE DAY!

Join us for opening day
and a free afternoon of
swimming.

Friday, May 25
1-5 p.m.

Scott Carpenter Pool
1505 30th St.

www.BoulderParks-Rec.org